healthy food GUIDE

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LIFE-CHANGING HABITS

5 easy health fixes for your best year yet!

Hangxiety

The *secret* to avoiding an anxious hangover

EXPERT ADVICE

LEAN BELLY BASICS

Science-backed ways to trim your tum

Rainbow RICE PAPER ROLLS

p38

LIGHTER BBQ *special!*

MINT & MANGO SMOOTHIE

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Welcome

Are you planning to get your health on track this year? You're not alone, with eating better and being more active among the most common goals.

Even more common is the tendency to break New Year's resolutions. For those determined to make theirs stick, being clear about why you want to work on your health is an important first step. Meaningful motives have power.

Sure, we might wish we could once again fit into that favourite pair of jeans, but this goal is unlikely to override the temptation to spend time watching your favourite TV show instead of heading to the gym. You might be able to resist at first, but eventually you'll decide it's easier to forget the jeans and get on with your life.

Motives that make a genuine difference to your quality of life have more sway. Maybe you want to be fit so you can enjoy a longed-for overseas trip or perhaps it's about being able to chase your grandkids around the garden without needing a week's bedrest and an intravenous infusion of caffeine to recover. Whatever your reasons for taking better care of yourself in 2023, I wish you all the best. It really is worth it, and so are you!

Jenny

Jenny de Montalk
Managing Editor

EDITOR'S TOP PICK

Pop 'round for a cuppa these summer holidays with a sweet offering of Lemon slice squares!

p75

MIND FOOD
the sustainable diet
SCOTT GOOD
HAPPY HEALTHY STRONG
KRISSY CELA

Join our Subs Club to WIN prizes every month!

Once you become a subscriber, you'll automatically go in the draw to win great prizes every month! **This month you could WIN** a prize pack of healthy cookbooks – valued at more than $100! See p92.

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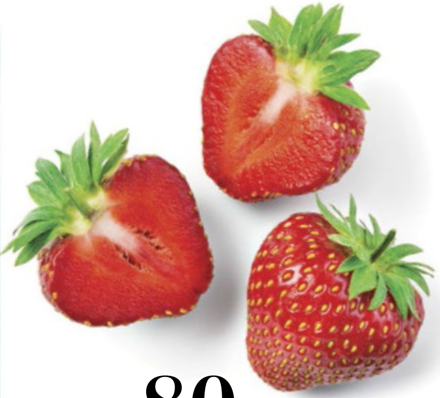

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your say

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LETTER OF THE MONTH

Reality check

I love eating lollies, doughnuts, chocolate, ice-cream, biscuits – all those things so many of us find hard to resist. So I really appreciated the informative 'Squash sugar cravings' article that appeared in your November issue. I often feel like I'm a slave to sugar cravings, but this article was everything I needed to confront and nothing I wanted to admit. I realise now that not only do I need to retrain my tastebuds, I may also need to rewire my brain! Having already started making the recommended food swaps, I'm now on the journey of positive change, inspired by *Healthy Food Guide* magazine!
Sierra Stratton, ACT

TOP 3 EATS

Visit **healthyfood.com** to discover the recipes trending right now. Our ingredient search function means you can also find hundreds of delicious, dietitian-approved recipes!

Tuna & avocado sushi rolls

Pumpkin, feta, pine nut & zucchini slice

Sundried tomato & nut crustless quiche

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WIN! a Saltwater picnic rug

Write to us at 'Your say' and you could win a Saltwater Picnic Co. rug worth $149! Made from recycled plastic water bottles using the latest techniques, these seam-free, luxury picnic rugs contain a super comfy 150gsm filling so you can enjoy quality time with friends and family outdoors. They're also machine washable and waterproof. Winners can choose any design (except the Peacock Picnic design). Visit www.saltwaterpicnic.co/collections/picnic-rug-collection-one for details.

✱ *Congratulations to Sierra Stratton, this month's Your say winner, who wins a Gingerbread Folk gift pack, worth $150.*

Have your say
at healthyfood.com and click WIN, or write to us at Locked Bag 5555, St Leonards NSW 1590

Note: Letters may be edited for length and content.

ADVERTISING PROMOTION

healthyfood MAGAZINE AWARDS AUSTRALIA 2022

Best of the best

Our annual *Healthy Food Guide* Awards highlight the healthiest and tastiest foods instore. Here's a morsel of our winners and finalists!

SHOP LIKE A *dietitian*

Never has the health of Australians been so important. The 2022 *Healthy Food Guide* Awards takes the guesswork out of the healthiest and tastiest packaged options in supermarkets, making it easier for you to shop, eat and live healthily. Judged by a panel of expert dietitians, this year's winners and finalists hit the mark for nutrition, value for money and, most importantly, taste!

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160g

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→ **FOR THE FULL LIST OF WINNERS AND FINALISTS, VISIT awards.healthyfoodguide.com.au**

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Healthy Food Guide (*HFG*) magazine is your **complete guide to healthy eating**. Our recipes use easy-to-find, **affordable ingredients**. Cook with *HFG* and you'll always enjoy a nutritious meal.

We give unbiased opinions and are not affiliated with any food manufacturers. All branded food in *HFG* has been approved by our dietitians. **Advertisers cannot influence editorial content**.

You can trust our advice. All our health information is supported by **solid scientific evidence**, not media fanfare. We smooth out any confusion caused by 'pseudoscientists'.

Dietitians review all our articles so they're always accurate with up-to-date information. **A full list of references** is also available on request.

Every recipe in *Healthy Food Guide* is healthy

FAST easy
5pm panic!
20 mins
MONDAY
Chargrilled beef with summer salad
you'll need...
FATIGUE FIGHTER!

Our recipe writers work with qualified dietitians to develop all our meals. A nutritional analysis is provided for every recipe. We test each meal twice to ensure it works and tastes great! Turn to p98 to read about our recipe badges.

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newsbites

STAY UP TO DATE WITH THE LATEST IN HEALTH NEWS AND PRACTICAL LIVING TIPS.

28%

The increased risk of premature death – from any cause – when you're too liberal with the salt at mealtimes, according to recent UK research. **If that stat makes you want to ease off with the salt, try retraining your tastebuds by using flavour-filled fresh herbs instead.**

European Heart Journal

KEEPING COOL

Phasing out animal agriculture over the next 15 years could reduce global warming rates, according to recent international modelling. It assumes land used for livestock returns to plant-based agriculture. Another good reason to include more plant foods in your diet!

PLOS Climate

One in two

The ratio of Aussie women experiencing poor mental health due to compounding, unprecedented events. These include COVID-related issues, recent natural disasters, global wars and the rising cost of living, according to a recent study. This figure is also steadily increasing, and less than half of women affected are speaking out or seeking help.

Liptember Foundation Women's Mental Health Research Study. 2022

Say CHEESE!

Eating a little Jarlsberg cheese every day may help prevent brittle bones without boosting harmful cholesterol. A small Danish study found healthy women who ate a 57g portion of Jarlsberg daily for six weeks were less likely to develop osteoporosis, compared with those who ate camembert.

BMJ Nutrition Prevention & Health

> **"Teachers open the door, but you must enter by yourself."**
>
> *Chinese proverb*

3 HEALTH TIPS

NEED A HIP OR KNEE REPLACEMENT? FOR OPTIMUM POST-SURGERY RECOVERY, AIM TO IMPROVE YOUR DIET BEFOREHAND & ADDRESS LIFESTYLE HABITS:

1

Drink no more than 10 units of alcohol a week
One unit of alcohol is equivalent to 125ml glass of wine, 375ml can of beer or 30ml shot of spirits.

2

Quit smoking
Nicotine is among the most addictive drugs in the world. It also compromises your ability to recover from respiratory conditions, including COVID.

3

Get moving
Incorporate as much movement as possible into your day (stairs instead of lifts, bike or walk instead of short car trips, doing your own housework). ›

Photography: iStock.

newsbites

HOLY GUACAMOLE-Y!

SNACKING ON AVOCADO 'PUFFS' COULD BECOME THE LATEST FOOD CRAZE. NEW ZEALAND RESEARCHERS HAVE BEEN ABLE TO TRANSFORM THE SEED WASTE DERIVED DURING THE PRODUCTION OF COLD-PRESSED AVOCADO OIL INTO EDIBLE POROUS SNACKS. MOVE OVER CHEEZELS!

Food Chemistry

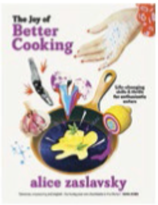
14 hours

The ideal time to fast overnight for effective weight loss, according to the latest research. If your evening meal is between 7 and 8pm, aim to break your overnight fast between 10 and 11am. Still an early riser, despite a satisfying dinner? Sip on herbal tea until brekkie!

Cell Metabolism

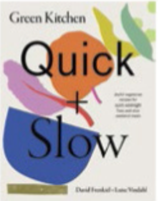
Healthy JANUARY READS

Scan the QR code below for more recommended reads.



The Joy Of Better Cooking by Alice Zaslavsky (Murdoch Books, RRP $49.99)

Discover easy tips and tricks for developing cooking skills and confidence. With chapter titles like 'Slapdash', 'On Auto Pilot' and 'Loosen Your Shoulders', you'll soon be trusting your intuition and serving up quick weeknight dinners, easy leftover makeovers and meals worthy of weekend entertaining.



Green Kitchen: Quick + Slow by David Frenkiel and Luise Vindahl (Hardie Grant, RRP $45)

Want to eat easy, delicious, plant-based meals that will go down a treat at the family table? These modern vegetarian recipes take you from life's gamut of busy, low-effort weeknight dinners to slow, more enjoyable weekend dishes that allow you to find joy in the process of cooking. hfg

Photography: iStock.

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6
BFree
Pita Pockets
Live Free!
93
BFree
5
Sweet Potato Wraps
Be Wheat & Gluten Free
94
BFree
6
Be Wheat & Gluten Free
BFree
5
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Game on!

As inflation bites, pricey excursions are off the cards for many families. But you can still have fun with the kids (and get them off their screens) these holidays.

Old-fashioned board games like Monopoly, as well as jigsaw puzzles, made a mighty comeback during COVID lockdowns as the grown-ups had to find ways to amuse their kids – and themselves – while housebound. It's thought this universal love of board games is driven by a fundamental need for social interaction. Studies also reveal leisure activities play a crucial role in relaxation.

So, next time you feel stressed, ease your worries with a roll of the dice! hfg

Source: University of Melbourne, School of Computing and Information Systems. 2019. Photography: iStock.

FAT FACTS

Subcutaneous fat sits just underneath the skin and can be pinched.

Visceral fat can't be pinched as it surrounds vital organs within the body.

Words: Niki Bezzant, Brooke Delfino, Tracy Kelly & Stephanie Osfield. Photography: iStock.

How to TRIM YOUR WAIST & LIVE LONGER

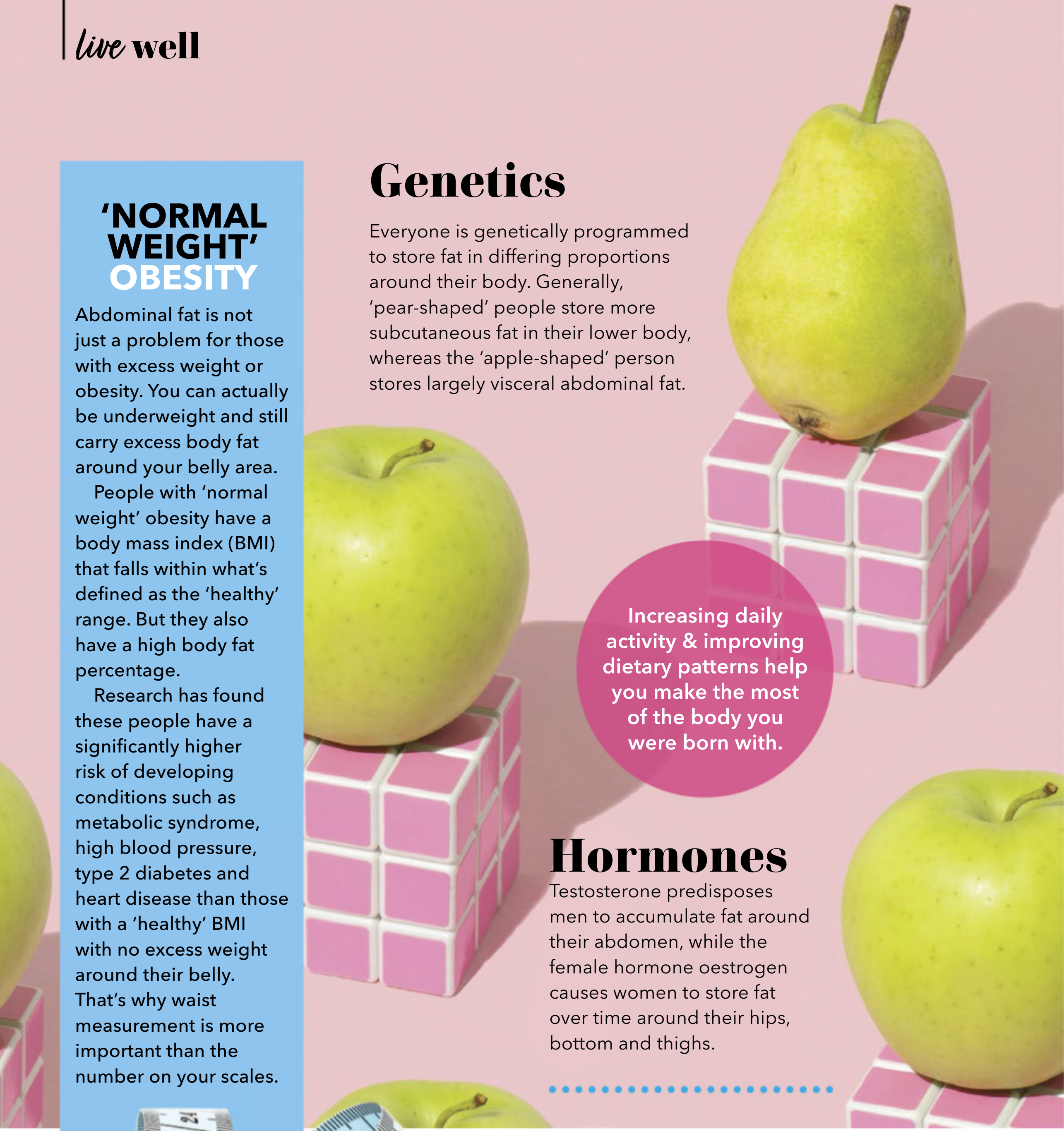
Excess fat around your waist can be hard to shift but trimming it down comes with multiple health benefits. *Healthy Food Guide* shows you how.

The belly seems to be the area of the body that we'd all like to tone up. And for a good reason, too, since carrying excess fat around the middle is more dangerous to your health than excess fat around the hips and thighs.

Unlike other areas of the human body, two kinds of fat surround your mid-section. The first is subcutaneous (under the skin) fat. This is the regular type of fat you can grab hold of and pinch.

The other kind is called visceral fat. This fat surrounds the vital organs in your abdominal area, and pushes the stomach outwards, which is what causes the aptly termed pot belly. Visceral fat has been linked to a variety of health risks, including heart disease, type 2 diabetes, high blood pressure and certain cancers.

There is no single answer for why some people tend to gain weight around the middle and others don't. Eating too much and not moving enough are the usual culprits, but read on to discover other factors (hormones, genes, even stress) at play. ❯



'NORMAL WEIGHT' OBESITY

Abdominal fat is not just a problem for those with excess weight or obesity. You can actually be underweight and still carry excess body fat around your belly area.

People with 'normal weight' obesity have a body mass index (BMI) that falls within what's defined as the 'healthy' range. But they also have a high body fat percentage.

Research has found these people have a significantly higher risk of developing conditions such as metabolic syndrome, high blood pressure, type 2 diabetes and heart disease than those with a 'healthy' BMI with no excess weight around their belly. That's why waist measurement is more important than the number on your scales.

Genetics

Everyone is genetically programmed to store fat in differing proportions around their body. Generally, 'pear-shaped' people store more subcutaneous fat in their lower body, whereas the 'apple-shaped' person stores largely visceral abdominal fat.

Increasing daily activity & improving dietary patterns help you make the most of the body you were born with.

Hormones

Testosterone predisposes men to accumulate fat around their abdomen, while the female hormone oestrogen causes women to store fat over time around their hips, bottom and thighs.

Food intolerances

While you may not be gaining weight around your tummy, 90 per cent of people who suffer from irritable bowel syndrome (IBS) report uncomfortable bloating, often caused by diet.

Inadequate sleep

Many studies reveal people who sleep for less than five hours a night weigh more, particularly in middle age. A US study found it took only four nights of slashing consecutive sleep to four and a half hours for the fat cells in otherwise young, healthy, lean men and women to become 30 per cent less responsive to insulin, which indicates the start of insulin resistance (where your body struggles to transform food into energy). This can lead to pre-diabetes, the precursor to type 2 diabetes.

Menopause

Women's lower oestrogen levels during and after menopause can cause them to store weight around their belly area, gaining more visceral fat and increasing their risk of heart disease.

Alcohol

It's not only high in empty kilojoules, when you drink your liver is too busy burning off the alcohol to burn off the fat. Alcohol can also affect the hormones that regulate satiety, causing you to overeat. The result is unwanted weight gain.

ARE YOU AT RISK?

Measuring your waist circumference is a better estimate of your visceral fat and consequent risk of health issues than your weight or BMI.

Men
>94cm = increased risk
>102cm = high risk

Women
>80cm = increased risk
>88cm = high risk

Stress

When you're exposed to chronic stress, your body is flooded with cortisol, a stress hormone. Excess cortisol causes visceral fat to be stored around your organs. One study found that even women of a healthy weight are more prone to belly fat if they are highly stressed.

Insulin resistance

The main symptoms of this are extra midriff weight and difficulty metabolising excess body fat. When insulin levels are high, your body finds fat easier to store and harder to burn. Left unchecked, insulin resistance can worsen and may eventually progress into type 2 diabetes. ›

Enjoy a longer life

Excess belly fat can double your chances of dying prematurely from lifestyle diseases, compared with people who are heavier but have a more equal distribution of fat across their body. Research shows belly fat is a sign of lower muscle mass, which is strongly associated with metabolic disorders and early death.

How to TACKLE BELLY FAT

Kick off the New Year with these practical tips for trimming your tum and shifting belly fat.

BUDDY UP FOR ACCOUNTABILITY

People who reveal to others what they're aiming to achieve are more likely to reach their goals. If you know someone else on a similar journey, reach out for mutual support. Ask a friend or neighbour to be your exercise buddy or friends and family to help with meal prep.

FIND YOUR WHY

Studies show most New Year's resolutions fail by February, so it's important to understand why reaching a healthy weight is important to you so you can stay motivated. Small changes and being consistent is the key to success, as it requires repeated behaviour until the habit is established.

MOVE MORE

Being active not only helps you lose centimetres from your waist, it also improves insulin sensitivity, reducing your risk of type 2 diabetes. Physical activity is also a great stress-reliever, generating a rush of feel-good endorphins. If finding the time is hard, just a daily 15-minute high intensity interval training (HIIT) session, where your heart rate accelerates so you're puffed, will give results. Jump rope, walk up stairs or jog around the block. Building muscle is another great way to reduce body fat, visceral fat in particular, because the more muscle, the more energy you burn while resting.

SWAP REFINED CARBS FOR SLOW CARBS

Eating highly processed foods, such as white bread, biscuits, chips and sweets, causes rapid increases in blood glucose levels, which in turn triggers a big insulin response. As a result, your body stores all that excess glucose as body fat, if you aren't moving enough to burn it off. Whole grains and slow-release carbs, such as sweet potatoes and brown rice, are healthier, more satisfying alternatives.

CHECK MEAL SIZES

They say breakfast like a king, lunch like a prince and dinner like a pauper, yet we often do it the other way round. Eating a brekkie with enough protein and fibre helps kickstart your metabolism and keeps you going until lunch. You're also less likely to snack on mid-morning high-sugar, high-energy foods.

EAT PROTEIN AT ALL YOUR MEALS

Protein not only keeps you full for longer, it is vital for building and maintaining muscle. After the age of 30, your metabolism slows significantly and muscle becomes harder to build and maintain. The more muscle mass, the faster your metabolism and the more kilojoules you'll burn through.

CONFINE STARCHY CARBS TO LUNCHTIME

You'll have more time to digest and burn starchy carbs off as energy, rather than storing as fat, which is what happens when you eat them closer to bedtime. Make starchy carbs like wholegrain bread, couscous, pasta, rice and potatoes only a quarter of your dinner plate.

KEEP CALM & CARRY ON

Under stress, your body releases cortisol, a hormone that stimulates appetite, slows down metabolism and encourages fat to linger around the belly area. Any form of deep, regulated breathing (yoga, meditation, swimming) can help ease stress.

EAT LESS SUGAR

A recent US study found a link between consuming too much added sugar and weight gain, specifically abdominal weight gain. And while the World Health Organization recommends limiting your intake of added sugars – the sugars that are found in packaged, store-bought foods and drinks – to six teaspoons a day, most of us consume more than double this amount daily. Choose products with less than 10g of added sugar per 100g, or 20g per 100g if fruit is listed as one of the main ingredients.

Satisfy your sweet tooth with the natural sugars in fruit, instead of added sugars in packaged food products.

CELEBRATE SMALL IMPROVEMENTS

Cutting back on kilojoules means your body usually burns visceral fat first. Add exercise to the mix, and you'll lose even more visceral fat. Even if the scales aren't shifting, you'll be losing centimetres from your waist – a win for your health! hfg

Tips for a better summer barbie

With bowel cancer rates on the rise, it's important to be mindful of your daily intake of fibre & saturated fat.

Healthy Food Guide shows you how to sizzle your way to a healthier barbecue season.

Words: Brooke Delfino, Sarah Swain. Photography: iStock.

Enjoying a barbecue is part and parcel of a relaxing summer Down Under. It can also be a healthy way to share a low-fuss meal with friends and family, depending on what you choose to serve and how you prepare it.

For many, summer barbies conjure up an image of various meats spitting away on the grill, with maybe a token salad or two on the side. But with colorectal (bowel) cancer now a worryingly common occurrence in Australia and New Zealand, it's important to pay attention to the amount of fibre and saturated fat you consume in your daily diet.

To make outdoor cooking not just fun but also good for you, simply remember the principles behind the Mediterranean diet – widely accepted as the heathiest way to eat. This means consuming mostly plant foods, with meat more as a side dish.

So, instead of charring trays of sausages, rissoles and steaks, start cooking up more seafood like prawns, fish and mussels, plus vegetables like eggplant, capsicum, zucchini, sweetcorn and asparagus. You can still enjoy the occasional barbecued meat, but aim to use leaner, better-quality cuts. Get creative and also experiment with marinades and dressings, as these can transform barbecues, making them more enjoyable. ❯

THREE *tips* FOR A HEALTHIER BARBECUE

1

TURN DOWN THE HEAT

Black, charred and overcooked meat may create carcinogenic by-products that can harm your health.

2

CHOOSE LEAN CUTS

Rump steaks and eye fillets are good choices. Just be sure to trim off all visible fat.

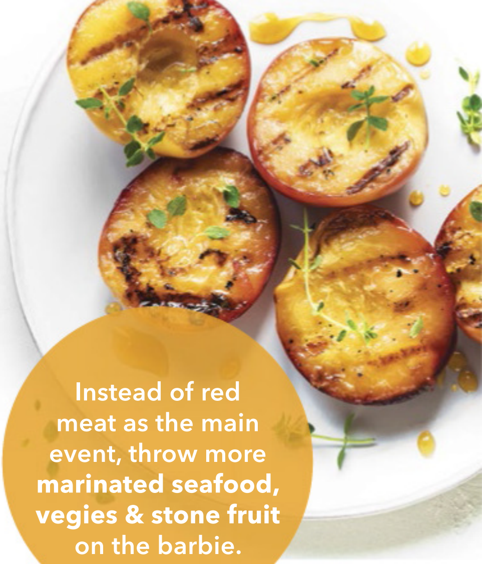
3

DIY MARINADES

Acidic lemon juice or vinegar helps to tenderise tougher meat fibres.

Sizzling swaps

Want to broaden your health horizons?
Consider these barbecue alternatives.



Instead of red meat as the main event, throw more **marinated seafood, vegies & stone fruit** on the barbie.

HAMBURGER PATTIES → LEAN STEAK

WHY IT'S BETTER...

Ready-made patties are often higher in saturated fat than lean steak. Opt for a good-quality steak the size of your palm. Alternatively, swap patties for skinless chicken, salmon steaks or lentil burgers.

SAUSAGES → PRAWNS

WHY IT'S BETTER...

Prawns have half the kilojoules and virtually no saturated fat. Instead of a store-bought marinade or dressing, which can be high in salt, make your own using olive oil, lemon zest and juice, fresh garlic and fresh herbs.

CREAMY DRESSING → VINAIGRETTE

WHY IT'S BETTER...

Creamy dressings are typically high in saturated fat and kilojoules so halve the amount and dilute with low-fat plain yoghurt. Or, better still, opt for a vinaigrette of equal parts olive oil and vinegar and drizzle over fresh garden salads.

Healthy barbecue bites

→ CAPSICUM
Chargrill different colours over an open flame until skins blacken and blister. Place in plastic bag and leave to sweat, then peel off skin and slice. Add to salads or serve as a side.

→ COS LETTUCE
Chargrill a wedge of cos lettuce until grill marks appear. Serve dressed with a mixture of yoghurt, reduced-fat mayo and sweet chilli sauce.

→ ASPARAGUS
Place spears on chargrill or hotplate, drizzle with sesame oil and cook until tender. Serve sprinkled with sesame seeds.

→ AVOCADO
Chargrill avocado halves, stones removed and cut-side down, then carefully scoop out warm flesh.

→ STONE FRUIT
Chargrill peach and nectarine halves, stones removed and cut-side down, then add to salads.

→ EGGPLANT
Drizzle eggplant slices with olive oil and cumin. Chargrill until tender.

→ PINEAPPLE
Dust pineapple wedges with cinnamon, then chargrill for dessert.

BARBECUE SAUCE → CARAMELISED ONIONS

WHY IT'S BETTER...

Cooked onions offer natural sweetness without the added sugar and salt found in store-bought sauces (a spoonful of bottled sauce can be half sugar). Pickling onions is another healthy idea. See healthyfood.com for recipes.

WHITE BREAD → GRILLED CORN

WHY IT'S BETTER...

Compared to the 1g of fibre found in a slice of white bread, a corn cob has about 6g fibre and also counts as a serve and a half of veg. As well as being good for the gut, corn is also a source of plant protein.

HIGH HEAT ON AN OPEN FLAME → SLOW & LOW COOKING

WHY IT'S BETTER...

Charring proteins over high heat produces potentially harmful chemicals called heterocyclic amines (HCAs), polycyclic aromatic hydrocarbons (PAHs) and advanced glycation end-products (AGEs). ›

How to barbecue steak

Want to tuck into a succulent, smoky steak? Make the most of it by choosing a smaller, but better-quality cut. And if you're going to use more of your usual grocery budget on a good steak, it's worth cooking it properly. Here's how.

Step by step

STEP 1 Lightly spray steak with olive oil, then season. Use long tongs to place steak on barbecue hotplate.

STEP 2 Cook steak to your liking (see chart right), using tongs to turn and lightly press occasionally.

Medium barbecued will result in a juicy steak that's **pink in the middle** & lightly charred around the edges.

IT'S ALL IN THE TIMING

These guidelines are for cooking approximately 3cm thick steaks over a medium-high heat. Always rest steaks for at least five minutes before slicing.

RARE
Cook steak for two minutes each side. It should feel very soft when pressed lightly with tongs.

MEDIUM-RARE
Cook steak for about three minutes each side. It should still feel quite soft when pressed with tongs.

MEDIUM
Cook steak for about four minutes on one side or until juices come to the surface. Turn over and cook for a further four minutes. It should feel slightly springy when pressed lightly with tongs.

WELL-DONE
Cook steak for five minutes on one side or until seared and juices run clear. Turn over and cook for a further four minutes, reducing heat slightly so steak can continue cooking through without burning. It should feel quite firm when pressed lightly with tongs. A well-done steak tends to be chewier no matter what grade of steak you use.

6 SMART *tips* FOR THE PERFECT STEAK

1. Buy the best-quality steak you can afford on your food budget. Fillet steaks are a good choice.
2. Trim all visible fat from steaks.
3. Make sure the barbecue is hot before placing steaks on it.
4. Lightly spray the steak, not the barbecue, with a little oil to prevent it from sticking to the grill.
5. If you want to turn steaks more than once during cooking, you can.
6. Resting cooked steaks before slicing allows the juices to settle and ensures a juicer, tender result.

Barbecue cleaning *tips*

Whether you're wheeling your barbecue out for the first time this summer or you've already fired it up, perfect the art of cleaning it properly and you'll enjoy better food safety and tastier results each time.

- If your cast iron hotplate or grill has developed rust, heat it up until very hot, then cover with cooking oil and sprinkle with salt. Turn off heat and, when cool enough to handle, scrape with a metal spatula or wire brush. Wipe down clean with paper towels, then lightly spray with oil to coat/protect.

- The next time you use your barbecue, start by coating it with a good spray of oil. This will keep your food from burning and sticking, and makes cleaning up afterwards much easier. Sauces and marinades can be quite acidic, so cleaning your barbecue surface while it's still warm makes it easier to shift grease and food remnants.

- Once food residue has been removed, you can also wash down the grill using a soft sponge, hot water and mild dishwashing liquid. Alternatively, buy and use reusable, washable barbecue liners, which cut back on the worst of barbecue cleaning. hfg

Hangovers can be real spoilers after a good night out & can make it harder to manage emotions like anxiety.

Hangxiety

HOW TO AVOID FESTIVE EXCESS

Christmas and the New Year can be a whirl of festive drinking, as well as the occasional hangover. But for some, the usual headache and queasy stomach is accompanied by unpleasant anxiety.

Words: Amy Reichelt & Craig Gunn. Source: www.theconversation.com.
Additional words: Claire Turnbull. Photography: iStock.

The morning after a night of drinking is never fun with a hangover. For most of us, hangovers involve a headache, fatigue, thirst and nausea. But some people also report experiencing what is being dubbed as 'hangxiety' – feelings of anxiety while suffering from a hangover. By some estimates, hangxiety affects around 12 per cent of people and can vary in severity depending on the individual.

Physiology of a hangover

Drinking more alcohol in one night than the male or female body can safely metabolise causes a state of physiological stress. Generally speaking, physiological stress happens when the body is under pressure, such as from an illness or injury. A hangover works in a similar way. Not only does it cause changes to the immune system, it also increases cortisol levels (known as the stress hormone), blood pressure and heart rate – the same physical changes that happen with anxiety.

The brain is also affected during a hangover. Research reveals brain activity involving dopamine (a type of neurotransmitter) is lower during a hangover. This is important because dopamine plays an important role in regulating anxiety. The heightened stress the body experiences during a hangover makes it difficult to cope with any additional stress that occurs during this period.

Interestingly, stress and sleep deprivation in tandem (which is common during hangovers), can lead to declines in both mood and cognitive function, such as attention and memory. Fatigue, stress and dealing with other unpleasant hangover symptoms can also make it difficult to manage daily tasks. For example, someone with a hangover may be too preoccupied with nursing their feelings of nausea, headache and fatigue to be able to deal effectively with anxious thoughts.

Emotional rollercoaster

A study found that people experienced a negative shift in their emotions during a hangover. Many also reported having more trouble regulating their emotions, compared to when they weren't hungover. In other words, people felt bad during a hangover and found it difficult to pick themselves back up.

But when the study participants were asked to regulate their emotions in a computer task, they could do so to the same extent as when they weren't hungover – but with increased effort. The study used visual imagery to ellicit various emotions (including both positive and negative ones), then asked participants to outwardly suppress the expression of these emotions.

Having difficulty regulating emotions appropriately while suffering from a hangover may explain why some people experience hangxiety. ›

THE CONVERSATION

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Executive dysfunction

Hangovers also affect your ability to perform basic activities of daily living, as well as your executive function (mental skills responsible for working memory, flexible thinking and self control).

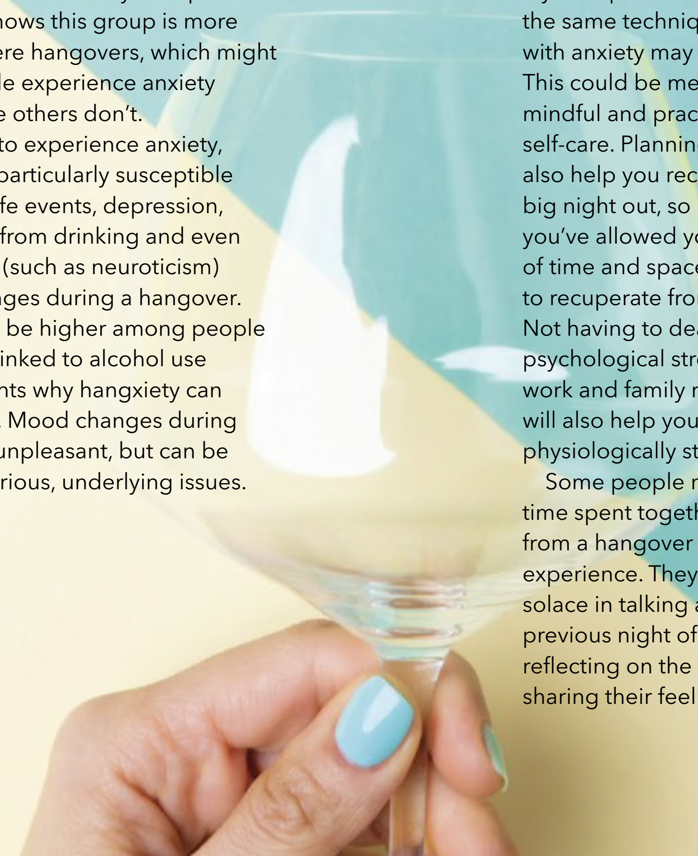
In one study, participants were given a series of tasks that tested mental skills, such as remembering a series of letters and recalling it when prompted. The study concluded people who were hungover had worse performance in key aspects of executive function. Executive function helps people cope with anxious thoughts and, if these mental skills are poorer during a hangover, it may help explain why some people struggle with anxiety.

Who's at risk?

But why do some people experience hangxiety, while others don't? Pain is part of almost every hangover – whether it's a throbbing headache, dry mouth or all-over muscle ache. But research shows people who catastrophise pain (exaggerate it or expect the worst) are more likely to experience anxiety. Research also shows this group is more likely to experience severe hangovers, which might explain why some people experience anxiety during a hangover, while others don't.

People who are likely to experience anxiety, in general, may also be particularly susceptible to hangxiety. Negative life events, depression, suppressed anger, guilt from drinking and even certain personality traits (such as neuroticism) are linked to mood changes during a hangover. Hangxiety is reported to be higher among people who are shy and is also linked to alcohol use disorder. This all highlights why hangxiety can affect people differently. Mood changes during a hangover are not just unpleasant, but can be symptomatic of more serious, underlying issues.

> *Not having to deal with* **work & family responsibilities** *helps you cope with a physiologically stressed state.*



Coping techniques

If you experience hangxiety, the same techniques that help with anxiety may also be useful. This could be meditating, being mindful and practising good self-care. Planning ahead will also help you recover from a big night out, so make sure you've allowed yourself plenty of time and space the next day to recuperate from a hangover. Not having to deal with typical psychological stressors, such as work and family responsibilities, will also help you cope with your physiologically stressed state.

Some people might find the time spent together recovering from a hangover a bonding experience. They might find solace in talking about the previous night of drinking, reflecting on the occasion and sharing their feelings of anxiety.

3 smart ways to drink less alcohol

If you're keen to keep the boozing to a minimum these summer holidays, try these tips to make it easier to achieve.

1 SET THE SCENE SO HEALTHIER OPTIONS ARE WITHIN SIGHT

Leave herbal tea bags or bottles of cordial out on the kitchen benchtop in full view. These act as visual reminders of your alcohol alternatives whenever you feel thirsty. Brew tea and transfer to clear glass containers to chill in the fridge, or keep bottles of kombucha or still or sparkling water in the fridge, so they're the first thing you see when you open the door. If plain water doesn't appeal, add sprigs of fresh herbs, such as mint, or slices of citrus, such as lime.

2 MAKE IT MUCH MORE DIFFICULT TO ACCESS ALCOHOL AT HOME

Out of sight really can be out of mind, so if you're serious about cutting back, don't buy any alcohol to keep at home. That way, there's no temptation. If you're able to drink in moderation, store alcohol at the back on the highest or lowest shelf in your pantry so it's inconvenient to access.

3 LOOK AT WHAT'S DRIVING YOUR DRINKING HABIT

It's one thing to swap the booze for the kettle or tap, but that doesn't address your urge to drink. If you want to cut back on your alcohol intake, figuring out what's making you drink in the first place is important. Is it because you like the taste? Or because you like the social aspect of drinking with friends?

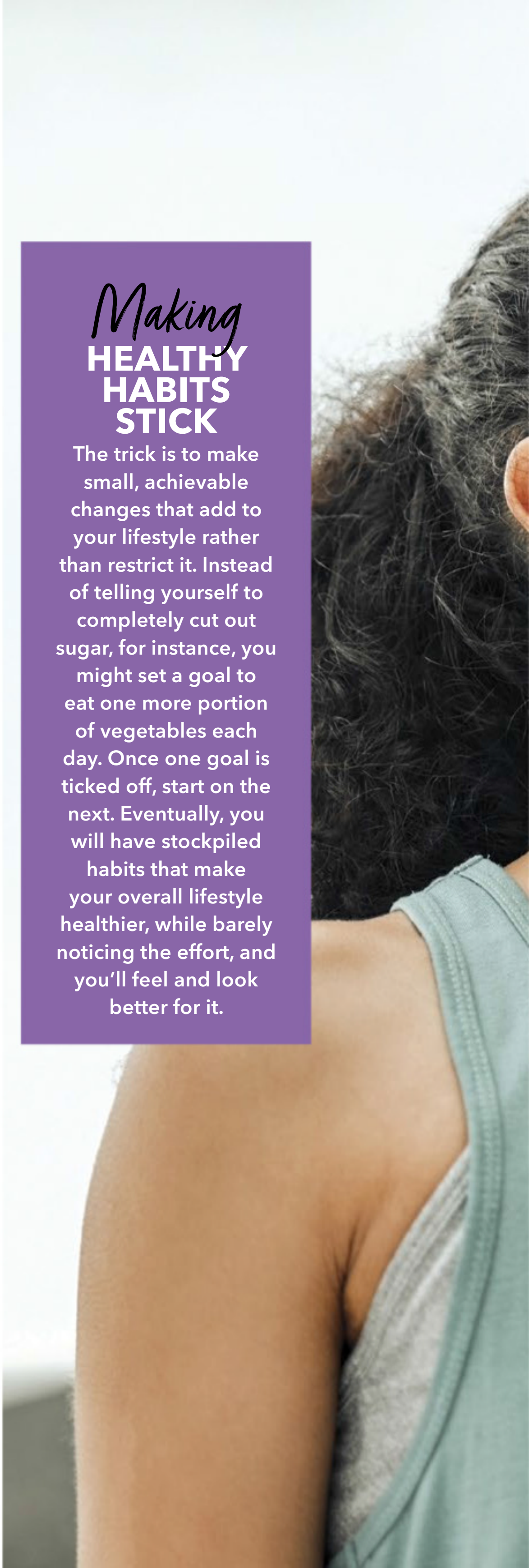
Perhaps the habit runs deeper. If you find you often drink when you're stressed or lonely, then it's time to be honest with yourself, as sparkling water is unlikely to cut the mustard in the same way as a glass of red.

If you turn to alcohol to try to feel better in some way, you'll need to take a good hard look at what you're really feeling, then manage these emotions in a way that is not dependent on what you eat or drink. Finding new habits to replace old patterns of behaviour is also important.

If you drink to fill a sense of emptiness, find an interesting hobby or activity you like doing. Volunteering, solo or team sports or further education courses can provide a healthier outlet for your feelings. hfg

RESET YOUR health habits

Getting healthy doesn't have to be hard work. These five easy steps will help you get off to a good start!



Making HEALTHY HABITS STICK

The trick is to make small, achievable changes that add to your lifestyle rather than restrict it. Instead of telling yourself to completely cut out sugar, for instance, you might set a goal to eat one more portion of vegetables each day. Once one goal is ticked off, start on the next. Eventually, you will have stockpiled habits that make your overall lifestyle healthier, while barely noticing the effort, and you'll feel and look better for it.

Have you ever made a New Year's resolutions you've then been unable to follow through in the long term?

Setting a lofty goal to be 'super fit and a beacon of sobriety from here on in' may seem achievable when you're relaxed on summer holidays, but what happens when real life kicks back in, and less healthy habitual behaviour returns with renewed enthusiasm? Many of us start feeling like such failures that we end up self-sabotaging, creating even worse health habits than the ones we were trying to kick in the first place.

So, how do you successfully set yourself up to be healthier and happier in the coming year? The key is being realistic with your goals and having a plan.

Aim to make **small achievable, changes one step at a time,** that add to your lifestyle, rather than restricting it.

1 Ditch the diets

Anyone who has struggled with weight loss will know quick-fix diets may work in the short term but are difficult to sustain, and the weight you lose on those diets often gets regained. Research confirms diet culture is associated with disordered eating habits, such as skipping meals and restrictive dieting, and many are now rejecting it in favour of body acceptance and the concept of 'health at every size'. If you are overweight, reaching and maintaining a healthy weight is still a fine goal to have, and even losing just a few kilos can have a big health impact, reducing high blood pressure and the risk of type 2 diabetes, insulin resistance, sleep apnoea and joint pain.

WHERE TO START

Focus on improving what you eat. Adhering to a diet that includes plenty of vegies, legumes, fruit, whole grains, fish, poultry, nuts, healthy fats, dairy in moderation and occasional red meat and sweet treats will be easier to stick to for a lifetime and, consequently, help you maintain a healthy weight. ❯

Words: Jenny de Montalk. Photography: iStock.

2

Build your strength

Having strong muscles means support and stability for your body. It will also speed up your metabolism, making it easier to burn energy, even when you're sitting still. You can start developing muscle at any age and it doesn't have to involve joining a gym or accumulating expensive equipment.

WHERE TO START

Exercise on a regular basis, incorporating resistance, flexibility, balance and aerobic movement. Resistance exercise involves lifting weights, using bands or working with your own body weight. Think push-ups, climbing stairs, shifting the wood pile or heavy gardening. The trick is to do a little bit often, and keep increasing the load as you get stronger.

Improve your flexibility by doing stretching exercises, Tai chi and yoga. These are also great for improving your balance, but something as simple as brushing your teeth standing on one leg also helps.

Finally, aerobic exercise is anything that gets you puffing – cycling, brisk walking, dancing, swimming. The secret is finding activities you enjoy so you're motivated to do them daily.

3

Eat more vegetables

If there is only one thing you decide to do differently in 2023, this is the one we recommend the most. We've all heard eating at least five serves of vegetables a day is important, but if you can push beyond that to seven or more serves you'll hit the sweet spot in terms of reducing your risk of a variety of cancers, heart disease and stroke. You'll also improve your odds of not developing type 2 diabetes and obesity.

On top of being an excellent source of protective antioxidants, fibre and a whole range of other essential nutrients, eating a wide variety of vegetables is associated with having a diverse gut microbiome (bacteria, yeasts, fungi and so on that live in the digestive system). Scientists are just starting to understand the role gut microbes play in many aspects of overall good health, from immunity and metabolism to mental health.

WHERE TO START

Include vegetables in meals you might not normally have them in, for example, breakfast or snacks. You can easily add a handful of spinach to your eggs in the morning, use avocado instead of butter on your toast, or snack on vegetable sticks with hummus. Eat like they do in the Mediterranean by making vegetables the main focus of your meal, and treat meat more as an accompaniment.

Also, go for variety. Research associates eating 30 or more different plant types a week to greater gut bacteria diversity and reduced antibiotic-resistant genes. Your 30-plus includes vegies, fruit, legumes, nuts, whole grains and seeds, to name a few.

4

Head into nature

More than half the world's population live in urban settings, which means missing out on the benefits of being in nature. These include better outcomes for cancer patients, reduced risk of heart disease, improved symptoms in children with ADHD and improved mental health.

Artificially lit indoor settings can disrupt the body clock, which dictates everything from sleep to metabolism and hormone secretion. Various studies show disruption of body clocks (or circadian rhythms) is a factor in a range of health problems, including lowered life expectancy, increased risk and progression of certain cancers, increased heart attack and stroke risk, plus obesity and metabolic syndrome, mood disorders and cognitive impairment.

WHERE TO START

Spend time outdoors every day. Find green spaces in your neighbourhood, visit the beach on weekends or go walking in your lunch break. It's especially important to expose your eyes and skin to morning sunlight (within sun-smart limits) and switch your screens off at least an hour before bed to limit blue light exposure, which can interfere with sleep quality.

Studies confirm the **health benefits of being in nature**, so spend time outdoors (within sunsmart limits) every day.

5

Develop an optimistic outlook

This isn't the same as thinking more positively. That idea is simplistic and doesn't work for a lot of people. Instead, fostering an optimistic outlook is about developing a flexible and resilient attitude to life. Being optimistic can protect your mental health and make it easier to bounce back when things go wrong.

Research has shown optimists may fare better after natural disasters and traumatic events, and this mindset may also be protective against developing post-traumatic stress disorder. Some people are naturally optimistic but, for many of us, it's something that takes work.

WHERE TO START

Each day spend some time imagining your ideal future, five years from now. If nothing was standing in your way, what would that future look like? Be as detailed as you can, let your imagination run wild and keep it optimistic. hfg

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cook FRESH

Vietnamese rice paper rolls | 20-minute family meals | breakfast smoothies

Caramel slice
(See recipe p75)

Summer reset

Want to develop healthier habits these holidays? Cut back on red meat with our delish vegie burgers, enjoy an abundance of nutrition in just one bowl, and take time out of life's busyness with a moreish sweet slice.

To make life easier, we've done the healthy eating hard yards for you. Every main meal contains at least two serves of vegies. Each dish meets our dietitians' criteria to ensure it doesn't contain too much energy, saturated fat, sugar or sodium. Recipes all come with a nutritional analysis, with the table on page 95 showing how they meet daily nutritional needs.

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**. For more about our recipe badges, see p99.

LOW kJ | HIGH PROTEIN | LOW FAT | HIGH FIBRE | LOW SODIUM | HIGH CALCIUM | HIGH IRON | 2 VEGIE serves

✓gluten free ✓dairy free ✓diabetes friendly ✓vegetarian

COOK'S TIP

Try not to overfill rolls. Work quickly with rice paper so it doesn't get too soggy & lose its adhesiveness.

Rainbow vegie rice paper rolls with coriander sauce

(See recipe 43)

5 SERVES OF VEG!

Roll with it!

Discover the delicate world of Vietnamese rice paper rolls. Fill them with fresh, crunchy vegies for perfect summertime fare.

›

Prawn & mango rice paper rolls

Serves **4** Prep **20 mins**

✓diabetes friendly ✓gluten free ✓dairy free

12 **rice papers**
12 **cooked prawns**, peeled, tails removed, halved lengthways
¼ bunch **fresh coriander leaves**
1 **avocado**, thinly sliced
1 **mango**, diced into 1cm cubes
1 **carrot**, shredded or grated
100g **vermicelli noodles**
12 **oak lettuce leaves**
Edible flowers, to serve

Chilli mango dipping sauce

½ **mango**, roughly chopped
1 tablespoon **maple syrup**
Zest and juice of 1 **lime**
¼ teaspoon **chilli flakes**

1 Place one rice paper in a shallow bowl of warm water for 15 seconds or until soft.

2 Lay paper on a clean work surface, then place a prawn in centre. Top with coriander leaves, then avocado, mango, carrot, vermicelli and lettuce. Fold in both ends, then roll up to firmly enclose. Continue with remaining papers and ingredients to make 12 in total.

3 To make chilli mango dipping sauce, place mango, syrup, zest and juice in a food processor and process for 30 seconds or until just combined. Add 3 tablespoons water and process for a further 30 seconds or until smooth. If too thick, add more water to achieve desired consistency. Transfer to a dish and top with chilli.

4 Garnish rolls with edible flowers and serve with chilli mango dipping sauce on the side.

COOK'S TIP

Nasturtium, hibiscus & pansies are suitable flowers to garnish this dish. If you don't have any growing nearby, buy them from select greengrocers.

LOW kJ · HIGH FIBRE · HIGH PROTEIN · LOW FAT · LOW SODIUM · 2 VEGIE serves

PER SERVE (3 rolls)

1457kJ/349cal	Sugars 20.7g
Protein 22g	Fibre 7.7g
Total fat 5.9g	Sodium 343mg
Sat fat 0.9g	Calcium 159mg
Carbs 47.4g	Iron 1.7mg

GOOD FOR THE GUT!

HIGH FIBRE **HIGH PROTEIN** **3 VEGIE serves**

PER SERVE (3 rolls)

1923kJ/460cal	Sugars 7.5g
Protein 23.8g	Fibre 7.2g
Total fat 16.7g	Sodium 850mg
Sat fat 3.4g	Calcium 148mg
Carbs 50.1g	Iron 2.4mg

Tamari salmon rice paper rolls

Serves **4** Prep **20 mins**
Cook **20 mins**
✓dairy free

- **300g skinless salmon fillets**
- **1 tablespoon reduced-salt tamari**
- **90g buckwheat noodles**
- **2 teaspoons sesame oil**
- **12 rice papers**
- **3 Lebanese cucumbers,** peeled into ribbons
- **60g wombok/Asian greens**
- **1 cup edamame beans**
- **1 carrot,** shredded
- **¼ bunch fresh coriander leaves**

Nahm Jim sauce

- **1 long red chilli,** thinly sliced
- **1 clove garlic,** thinly sliced
- **2 sprigs fresh coriander**
- **Juice of 2 limes,** plus **1 teaspoon lime zest**
- **2 teaspoons palm sugar**
- **½ teaspoon fish sauce**

1 Preheat oven to 180°C. Line a tray with baking paper. Place fish on tray and pour over tamari. Bake for 10 minutes or until just cooked. Using two forks, flake fish into large chunks.

2 Meanwhile, bring a saucepan of water to the boil. Add noodles and cook for 3 minutes. Drain and transfer to a large bowl. Add sesame oil, tossing to combine.

3 Dip one rice paper into a shallow bowl of warm water for 15 seconds or until soft. Lay flat on a clean work surface, then diagonally place a cucumber ribbon on top. Add some noodles, folded wombok, bean, carrot, coriander and fish. Fold in both ends, then roll to enclose. Continue with remaining papers and ingredients to make 12.

4 To make Nahm Jim sauce, place chilli, garlic and coriander in a mortar. Pound with a pestle until a rough paste forms. Add remaining ingredients, stirring to combine. Serve rolls with Nahm Jim sauce on the side.

›

COOK'S TIP

Not keen on fresh dill or coriander? Replace them with pine nuts for added texture & heart-healthy fats or grated carrot for extra crunch & colour.

FEEL SATISFIED!

HIGH PROTEIN

2 VEGIE serves

PER SERVE (3 rolls)	
2426kJ/580cal	Sugars 13.3g
Protein 31.9g	Fibre 5.1g
Total fat 20.2g	Sodium 547mg
Sat fat 5.8g	Calcium 138mg
Carbs 64.7g	Iron 1.4mg

Recipes: Tamika O'Neill. Photography: Steve Brown. Styling: Berni Smithies. Food prep: Olivia Andrews. Hand model Beatriz Acosta.

Cajun chicken rice paper rolls with Cajun mayo

Serves **4** Prep **20 mins**
Cook **15 mins**
✓gluten free

- 100g **dried vermicelli**
- 500g **chicken tenderloins,** halved lengthways
- 1 tablespoon **Cajun spice**
- 2 teaspoons **olive oil**
- ½ **pineapple**
- 12 **rice papers**
- 12 **oak lettuce leaves,** washed, spun
- 6 **Qukes/baby cucumbers,** quartered lengthways
- ¼ bunch **fresh coriander leaves**
- ½ bunch **fresh dill,** small sprigs picked

Cajun mayonnaise

- ¼ cup **reduced-fat mayonnaise**
- ½ cup **reduced-fat Greek-style yoghurt**
- 2 teaspoons **Cajun spice**
- 2 tablespoons **lime juice**
- 1 teaspoon **reduced-salt tomato sauce**

1 Preheat oven to 200°C. Line a large tray with baking paper.
2 Place vermicelli in a large bowl, cover with hot water and set aside to soak for 15 minutes. Drain.
3 Meanwhile, place chicken in another bowl. Add Cajun spice and oil, tossing to coat. Transfer to prepared tray and bake for 10–12 minutes or until cooked.
4 Lay pineapple, cut-side down, on a chopping board to cut off skin. Remove and discard core, then cut pineapple into 1cm-thin matchsticks about 8cm in length.
5 To assemble, dip one rice paper into a shallow bowl of warm water for 15 seconds or until soft. Lay flat on a clean work surface, then top with one oat lettuce leaf just off-centre so frilly end extends over one side of paper. Top with some vermicelli, a little chicken, two Quke slices, one pineapple baton and some fresh coriander and dill. Fold in paper end with no frill, then roll up to firmly enclose. Continue with remaining wraps and ingredients to make 12 in total.
6 To make Cajun mayo combine all ingredients in a dish. Serve rolls with mayo on the side.

Rainbow vegie rice paper rolls with coriander sauce (p38) $AVER

Serves **4** Prep **20 mins**
✓gluten free ✓diabetes friendly

- 12 **rice papers**
- 6 **iceberg lettuce leaves,** cut in half
- 2 **carrots,** shredded or grated
- 2 **Lebanese cucumbers,** thinly sliced into rounds
- ¼ **red cabbage,** shredded or finely grated
- 1 **red capsicum,** cut into thin strips
- 3 x 70g cans **no-added salt chickpeas in olive oil, garlic and rosemary**

Coriander dipping sauce

- 1 small **jalapeño,** roughly chopped
- ½ cup **fresh coriander leaves**
- 1 small **avocado,** roughly chopped
- 1 **clove garlic**
- ¼ cup **reduced-fat Greek-style yoghurt**
- Zest and juice of 1 **lime**

1 Dip one rice paper into a shallow bowl of warm water for 15 seconds or until soft. Lay flat on a clean work surface.
2 Carefully fold up lettuce leaf to fit onto wrap. Add remaining ingredients, then fold in both ends of rice paper. Carefully roll up to firmly enclose. Continue with remaining wraps and ingredients to make 12 in total.
3 To make coriander sauce, place jalapeño, coriander, avocado and garlic in a food processor and process for 30 seconds or until just combined. Add ¼ cup water and process for a further 30 seconds or until smooth. Add more water to achieve desired consistency. Serve rolls with coriander dipping sauce on the side. hfg

LOW kJ · HIGH FIBRE · LOW SODIUM · 5 VEGIE serves

PER SERVE (3 rolls)

1422kJ/340cal	Sugars 11.1g
Protein 8.8g	Fibre 11.5g
Total fat 11.1g	Sodium 472mg
Sat fat 1.8g	Calcium 118mg
Carbs 45g	Iron 1.8mg

Bowls of abundance

Get your fill of nourishing salad bowls made with satisfying protein, gut-friendly fibre and colourful, antioxidant-rich veg. Extras on top!

Salmon brown rice bowl

Serves **4** Prep **10 mins** Cook **35 mins** plus **5 mins** cooling
✓gluten free ✓dairy free

- 1 cup **medium grain brown rice**
- 350g **frozen edamame,** podded
- 300g **broccoli,** cut into florets
- 1 teaspoon **sesame oil**
- 1 tablespoon **gluten-free, reduced-salt tamari**
- 100g **baby spinach leaves**
- 1 **small avocado,** sliced
- 1 x 185g **hot smoked salmon fillet,** skin removed, flaked
- 2 tablespoons **pickled ginger,** sliced thinly
- **Toasted sesame seeds,** to serve

1 Cook rice according to packet instructions. Remove pan from heat and allow to cool slightly.
2 Meanwhile, steam edamame and broccoli for 2 minutes. Refresh under cold running water. Drain.
3 Add oil and half the tamari to rice, gently stirring to combine. Divide rice among four serving bowls, then arrange edamame, broccoli, spinach, avocado, salmon and ginger on top. Sprinkle with sesame seeds and serve drizzled with remaining tamari.

COOK'S TIP

Instead of salmon, you can also use hot-smoked trout or mackerel in this dish. If you can't find hot-smoked fish, canned varieties will also work.

HEALTHY OMEGA-3!

HIGH PROTEIN
HIGH FIBRE
3 VEGIE serves

PER SERVE

2255kJ/540cal	Sugars 1.4g
Protein 32.7g	Fibre 9.8g
Total fat 22.7g	Sodium 746mg
Sat fat 4.3g	Calcium 52mg
Carbs 50g	Iron 3.1mg

Kale, garlic chickpeas & broccolini bowl with soft-boiled egg

(See recipe on p49)

COOK'S TIP

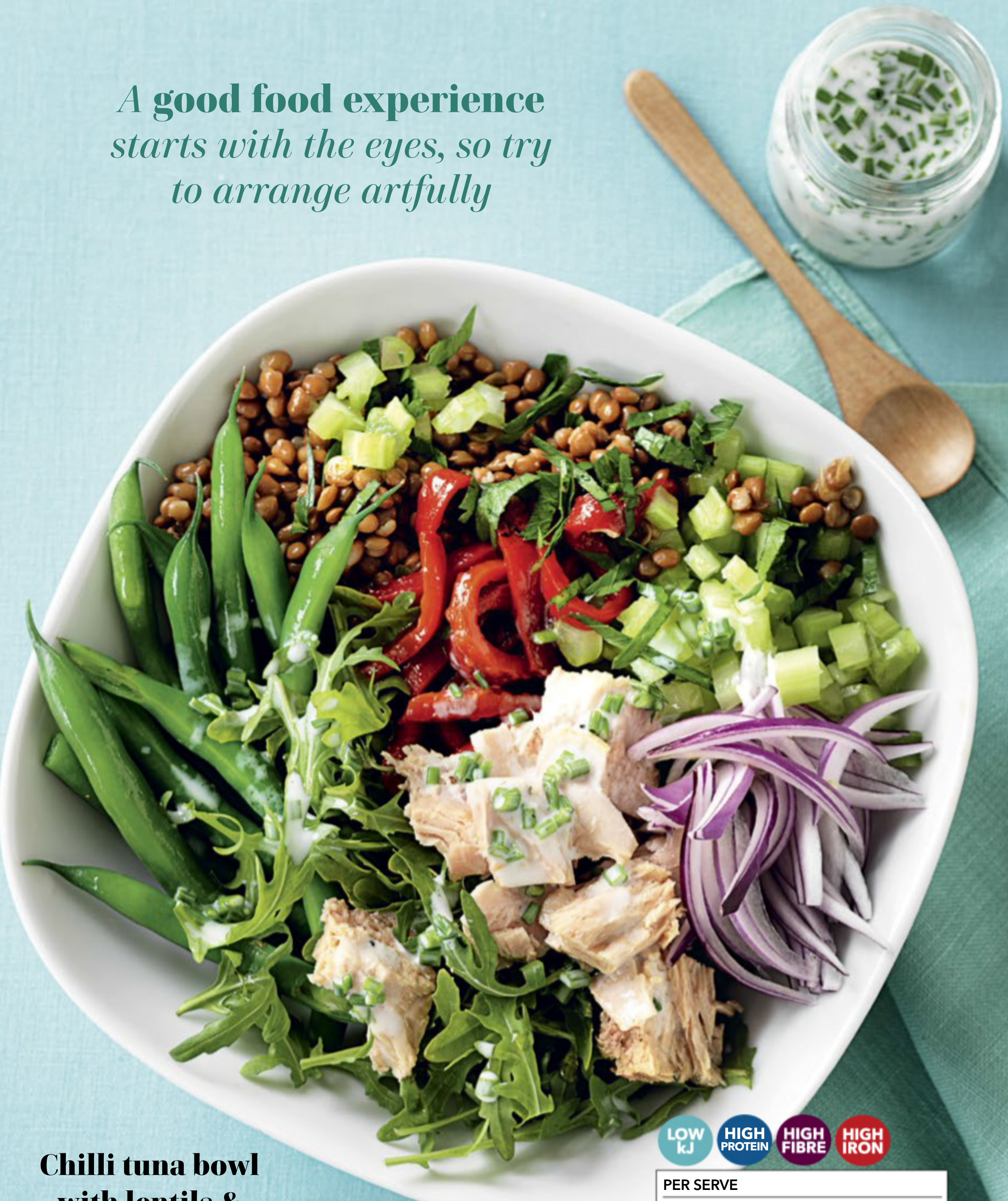
For extra fibre & texture, leave the skin on the sweet potatoes before dicing & roasting. Just be sure to scrub the skin well to remove any grit.

HIGH PROTEIN **HIGH FIBRE** **LOW SODIUM** **HIGH IRON** **6 VEGIE serves**

PER SERVE

2126kJ/509cal	Sugars 15.2g
Protein 28.1g	Fibre 18.5g
Total fat 16.8g	Sodium 382mg
Sat fat 2.9g	Calcium 222mg
Carbs 52.2g	Iron 6.6mg

A **good food experience** *starts with the eyes, so try to arrange artfully*



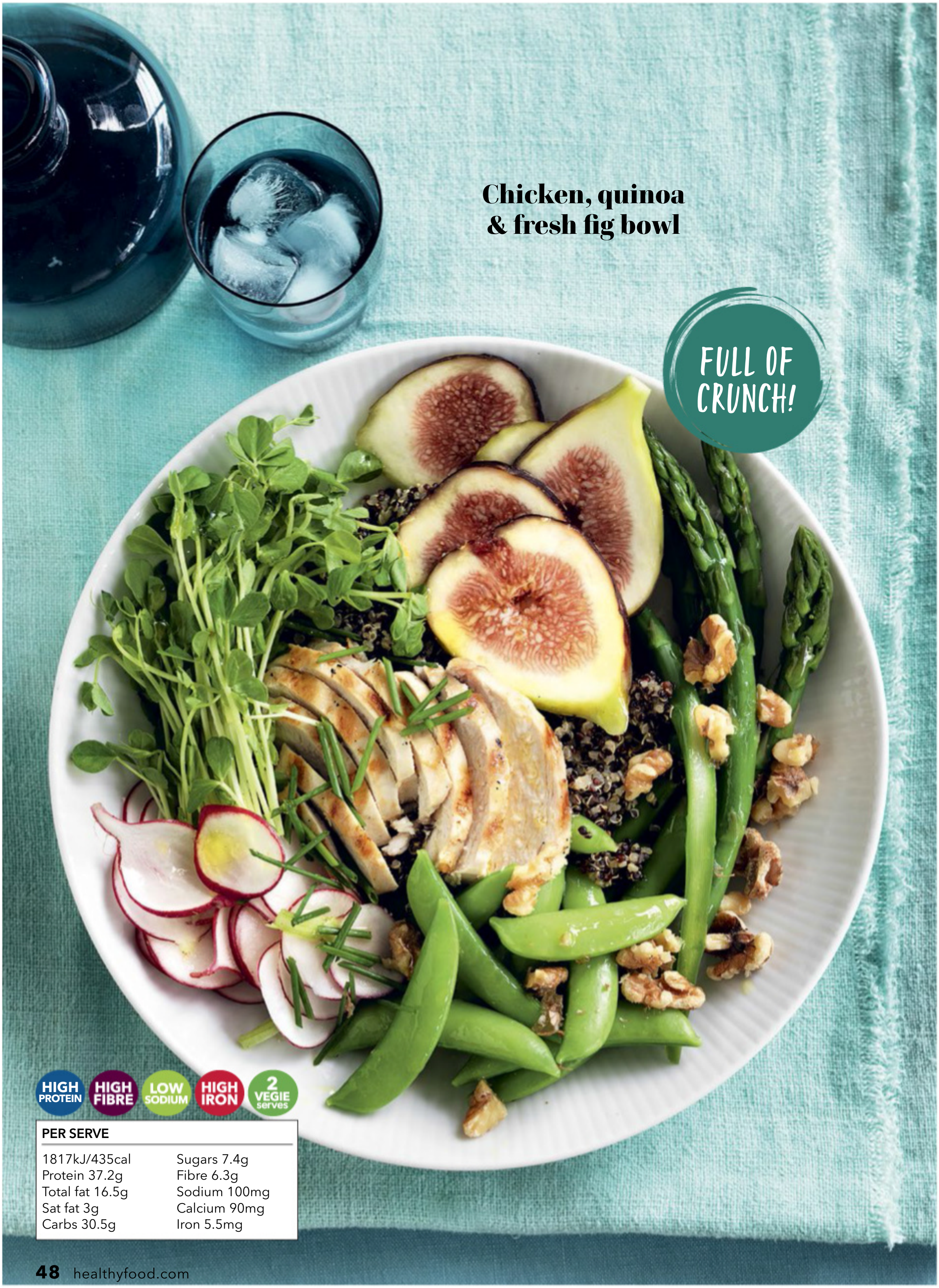
Chilli tuna bowl with lentils & green beans

(See recipe on p49)

LOW kJ · HIGH PROTEIN · HIGH FIBRE · HIGH IRON

PER SERVE

1436kJ/344cal	Sugars 5.2g
Protein 33g	Fibre 9.5g
Total fat 11.4g	Sodium 533mg
Sat fat 2g	Calcium 100mg
Carbs 21.9g	Iron 6mg



Chicken, quinoa & fresh fig bowl

FULL OF CRUNCH!

HIGH PROTEIN HIGH FIBRE LOW SODIUM HIGH IRON 2 VEGIE serves

PER SERVE

1817kJ/435cal
Protein 37.2g
Total fat 16.5g
Sat fat 3g
Carbs 30.5g
Sugars 7.4g
Fibre 6.3g
Sodium 100mg
Calcium 90mg
Iron 5.5mg

◀ CHICKEN, QUINOA & FRESH FIG BOWL

Serves **4** Prep **10 mins**
Cook **15 mins**
✓gluten free ✓dairy free
✓diabetes friendly

¾ cup **tri-colour quinoa**, rinsed
2 bunches **asparagus**
150g **sugar snap peas**
1½ tablespoons **fresh orange juice**
1 tablespoon **white balsamic vinegar**
1 teaspoon **olive oil**
400g **cooked skinless chicken breast**, thinly sliced
4 **fresh figs**, halved
4 **radishes**, thinly sliced
50g **snow pea sprouts**
30g lightly toasted **walnuts, roughly chopped, to serve**
1 tablespoon chopped **fresh chives**, to serve

1 Cook quinoa according to packet instructions. Set aside.
2 Steam asparagus and sugar snap peas for 2 minutes or until just tender but still crisp. Refresh under cold running water. Drain.
3 Place juice, vinegar and olive oil in a small dish, whisking to combine. Arrange quinoa, chicken, veg, figs, radishes and sprouts among four serving bowls. Drizzle over dressing. Serve sprinkled with walnuts and fresh chives.

CHILLI TUNA BOWL WITH LENTILS & GREEN BEANS (p47)

$AVER

Serves **4** Prep **20 mins**
✓gluten free ✓diabetes friendly

2 x 400g cans **no-added-salt lentils**, rinsed, drained
2 **celery stalks**, finely diced
½ small **red onion**, finely chopped
2 tablespoons chopped **fresh flat-leaf parsley leaves**
1 tablespoon **lemon juice**
200g **green beans**
⅓ cup **buttermilk**
1 tablespoon chopped **fresh chives**
2 x 185g cans **tuna chunks in chilli oil**, drained, flaked
175g **oil-free store-bought roasted red capsicum**, thinly sliced
60g **baby rocket**

1 Place lentils, celery, onion, parsley and half the lemon juice in a large bowl, mixing to combine. Season with freshly ground black pepper.
2 Meanwhile, steam beans for 3 minutes or until just tender but still crisp. Refresh under cold running water. Drain.
3 Place buttermilk, chives and remaining juice in a small bowl, whisking to combine. Arrange lentil mixture, beans, tuna, capsicum and rocket among four serving bowls. Serve drizzled with buttermilk dressing.

KALE, GARLIC CHICKPEAS & BROCCOLINI BOWL WITH SOFT-BOILED EGG (p46)

$AVER

Serves **4** Prep **15 mins**
Cook **25 mins**
✓gluten free ✓diabetes friendly
✓dairy free ✓vegetarian

500g **sweet potatoes/kumara, peeled, cut into 2cm cubes**
4 **eggs**
2 **bunches broccolini,** cut lengthways
1 tablespoon **olive oil**
3 cloves **garlic**, crushed
1 teaspoon **lemon zest**
2 x 400g cans **no-added-salt chickpeas**, rinsed, drained
1 bunch **kale**, stalks removed, roughly chopped
2 teaspoons **lemon juice**
1 **red capsicum**, thinly sliced
2 large **zucchinis/courgettes**, peeled into long ribbons
1 tablespoon lightly toasted **sunflower seeds**, to serve

1 Preheat oven to 180°C. Line a baking tray with baking paper. Place potato on prepared tray. Lightly spray with oil. Roast for 25 minutes or until tender.
2 Meanwhile, place eggs in a large saucepan of cold water and bring to the boil over high heat. Reduce heat to low and simmer for 3 minutes. Set aside to cool.
3 Steam broccolini for 2 minutes or until just tender. Refresh under cold running water. Drain.
4 Heat half the oil in a large non-stick frying pan over medium heat. Add garlic and zest and cook, stirring, for 30 seconds or until fragrant. Add chickpeas and cook, stirring, for 2 minutes or until heated through. Transfer to a bowl. Add kale and cook, stirring, for 3–4 minutes or until just wilted.
5 Place juice and remaining oil in a small dish, whisking to combine. Arrange roasted sweet potatoes, chickpeas, kale, broccolini and zucchini ribbons among four serving bowls. Carefully peel and halve eggs, then place on top. Drizzle over dressing, then serve sprinkled with toasted sunflower seeds. hfg

Recipes: Chrissy Freer. Photography: Mark O'Meara. Styling: Julz Beresford. Food prep: Kerrie Ray

FATIGUE FIGHTER!

HIGH PROTEIN

HIGH FIBRE

LOW kJ

LOW SODIUM

HIGH IRON

2 VEGIE serves

PER SERVE

1629kJ/389cal	Sugars 11.6g
Protein 34.4g	Fibre 7.1g
Total fat 14.8g	Sodium 393mg
Sat fat 4g	Calcium 130mg
Carbs 25.1g	Iron 6mg

FAST + easy

5pm panic!

Spend less time cooking this summer with family meals that are ready in a flash.

20 mins

MONDAY

Chargrilled beef with summer salad

Serves **4**

✓diabetes friendly ✓dairy free

500g **lean fillet steaks**
2 **baby gem lettuce**, cut into wedges
2 large **peaches** or **nectarines**, cut into thin wedges
250g **mixed tomatoes**, halved
1 **Lebanese cucumber**, thinly sliced
120g **baby spinach leaves**
Fresh dill, to serve
4 small **grainy rolls**, to serve

Dressing

1 tablespoon **olive oil**
1 tablespoon **white wine vinegar**
2 teaspoons **Dijon mustard**
2 teaspoons chopped **fresh dill**

1 Season steaks well. Lightly spray a barbecue plate or chargrill pan with olive oil. Add steaks and cook for 2–3 minutes each side or until cooked to your liking. Transfer to plate, cover with foil and allow to rest.

2 To make dressing, combine all ingredients in a small screw-top jar. Shake well until combined.

3 Arrange lettuce, stone fruit, tomato, cucumber and spinach leaves among four serving plates. Thinly slice steak and add to plates. Drizzle over dressing and garnish with fresh dill. Serve with bread rolls.

you'll need…

LEAN FILLET

BABY GEM

PEACHES

LEBANESE CUCUMBER

FRESH DILL

plus
+ mixed tomatoes
+ baby spinach leaves
+ olive oil
+ white wine vinegar
+ Dijon mustard
+ grainy rolls

you'll need...

CHICKEN TENDERLOINS

MINGLE
SPICY MEXICAN
ALL NATURAL SEASONING
NO NASTIES

MEXICAN SEASONING

CORN COBS

SOFT-FLOUR TORTILLAS

GREEK-STYLE YOGHURT

plus
+ spring onions
+ tomatoes
+ fresh coriander leaves

20 mins

TUESDAY

Fresh corn & chicken tortillas

Serves **4**

2 **corn cobs**, husks and silks removed, cut in half
8 **chicken tenderloins**
2 teaspoons **Mexican seasoning**, plus extra to serve
2 **spring onions**, finely chopped
2 **tomatoes**, roughly chopped
½ cup **fresh coriander leaves**
8 small **soft-flour tortillas**
Greek-style yoghurt, to serve
Lime wedges, to serve

1 Place corn in a pan of boiling water and cook over high heat for 5 minutes or until tender. Drain. Set aside to cool.

2 Meanwhile, place chicken in a sealable plastic bag. Add Mexican seasoning and freshly ground black pepper. Close bag and gently shake to evenly coat.

3 Lightly spray a large non-stick frying pan or chargrill pan with olive oil and heat over high heat. Add chicken and cook for 2–3 minutes each side or until golden and cooked through.

4 Cut kernels from corn and place in a mixing bowl. Add onion, tomato and coriander. Season well, mixing to combine.

5 Divide tortillas among four serving plates. Top with corn mixture, chicken and a dollop of yoghurt. Sprinkle over extra Mexican seasoning and serve with lime wedges on the side.

HIGH PROTEIN · LOW FAT · LOW kJ · 2 VEGIE serves

PER SERVE

1660kJ/397cal
Protein 35.9g
Total fat 8.4g
Sat fat 3.2g
Carbs 41.1g
Sugars 7.6g
Fibre 5.7g
Sodium 622mg
Calcium 74mg
Iron 3mg

COOK'S TIP

For convenience, you can use no-added-salt canned corn kernels instead of freshly cooked corn from the cob. Just rinse & drain well.

›

5PM PANIC
FAST
+
easy

LOW-SALT FLAVOUR!

WEDNESDAY

20 mins

Tofu larb

$AVER

Serves **4**

✓gluten free ✓dairy free ✓vegetarian

180g **rice stick noodles**
600g **silken tofu**
2 tablespoons **Thai spice paste**
1 large **carrot**, grated
2 **Lebanese cucumbers**, sliced
1 cup **fresh mint leaves**
250g **bean sprouts**
Lime cheeks, to serve

1 Cook noodles according to packet instructions. Drain.

2 Meanwhile lightly spray a non-stick frying pan with olive oil and heat over medium-high heat. Add tofu and cook, gently breaking up with a wooden spoon, for 2–3 minutes or until just golden. Add Thai spice paste and cook, stirring, for a further 2–3 minutes or until fragrant.

3 Cut noodles into shorter lengths and transfer to a mixing bowl. Add carrot, cucumber and fresh mint, gently tossing to combine. Divide among four serving bowls. Top with warm tofu and bean sprouts. Serve with lime cheeks on the side.

HIGH FIBRE | LOW kJ | LOW FAT | LOW SODIUM | 3 VEGIE serves

PER SERVE

1553kJ/372cal	Sugars 8.6g
Protein 16g	Fibre 9.1g
Total fat 5.6g	Sodium 249mg
Sat fat 0.7g	Calcium 135mg
Carbs 57.9g	Iron 4.3mg

you'll need...

RICE STICK NOODLES

SILKEN TOFU

THAI SPICE PASTE

FRESH MINT

BEAN SPROUTS

plus
+ carrot
+ Lebanese cucumbers
+ lime

you'll need...

EDAMAME

CHICKPEAS

BABY SPINACH

TUNA IN CHILLI OIL

GRAINY ROLLS

plus
+ mixed tomatoes
+ red onion
+ Qukes/baby cucumbers
+ lemon

15 mins

THURSDAY

Chickpea & tuna salad $AVER

Serves **4**
✓dairy free

1 cup **frozen edamame,** podded
1 x 400g can **chickpeas,** rinsed, drained
200g **mixed tomatoes,** roughly chopped
60g **baby spinach leaves**
½ small **red onion,** finely sliced
4 **Qukes/baby cucumbers,** roughly chopped
2 x 185g cans **tuna in chilli oil,** drained
Zest and juice of 1 **lemon**
4 small **grainy rolls,** to serve

1 Place edamame in a small saucepan. Pour over boiling water, then cook over high heat for 3–4 minutes or until cooked through. Drain. Transfer to a large mixing bowl.

2 Add chickpeas, tomato, spinach, onion, cucumber, tuna, lemon zest and juice to bowl. Season with freshly ground black pepper, gently tossing to combine.

3 Divide chickpea and tuna salad among four serving bowls. Serve with grainy rolls on the side.

HIGH PROTEIN | HIGH FIBRE | LOW kJ | HIGH IRON | 3 VEGIE serves

PER SERVE	
1435kJ/343cal	Sugars 5.5g
Protein 29.1	Fibre 11g
Total fat 7.8g	Sodium 799mg
Sat fat 1.6g	Calcium 153mg
Carbs 31.7g	Iron 5.2mg

5PM PANIC

FAST + easy

COOK'S TIP

Don't like raw onion? Use finely sliced spring onions instead. Or swap them for sliced yellow capsicum to boost vibrancy & your vegie count.

GOOD FOR THE GUT!

LOW CAL & FILLING!

Recipes: Amanda Lemon. Photography: Jeremy Simons. Styling: Berni Smithies. Food prep: Olivia Andrews, Dixie Elliott

FRIDAY

20 mins

Teriyaki pork noodle bowl

Serves **4**
✓dairy free

- **180g soba noodles**
- 1 tablespoon **teriyaki sauce**
- **450g lean pork fillet**
- 1 cup **frozen edamame,** podded
- 2 **Lebanese cucumbers,** roughly chopped
- 1 **carrot,** grated
- 1 tablespoon **roasted seaweed and sesame seed sprinkles,** to serve
- ¼ cup **pickled ginger,** drained, to serve

1 Cook noodles according to packet instructions. Drain, then transfer to a large bowl. Drizzle over teriyaki sauce, tossing to combine. Cover to keep warm.

2 Meanwhile, season pork with freshly ground black pepper. Lightly spray a non-stick frying pan or chargrill pan over high heat. Add pork and cook for 3–4 minutes on all sides or until cooked to your liking. Transfer to a plate, cover with foil and allow to rest before thinly slicing.

3 Place edamame in a small saucepan. Pour over boiling water, then cook over high heat for 3–4 minutes or until cooked. Drain. Divide noodles among four serving bowls. Arrange pork, edamame, cucumber and carrot on top, then scatter over seaweed and sesame sprinkles. Serve with ginger on the side. hfg

HIGH PROTEIN | HIGH FIBRE | LOW kJ | LOW FAT | 2 VEGIE serves

PER SERVE

1580kJ/378cal	Sugars 7.2g
Protein 36.8g	Fibre 6g
Total fat 6.2g	Sodium 752mg
Sat fat 1.1g	Calcium 90mg
Carbs 40.4g	Iron 2.8mg

you'll need...

SOBA NOODLES

TERIYAKI SAUCE

LEAN PORK FILLET

LEBANESE CUCUMBERS

CARROT

plus
+ edamame
+ pickled ginger
+ roasted seaweed and sesame seed sprinkles

HFG makeover

Healthier potato salad

Put some pizzaz into classic potato salad by adding heart-healthy omega-3-rich salmon and a yoghurt-based dressing.

Wood-smoked salmon potato salad $AVER

Serves **10** Prep **10 mins** Cook **15 mins**

800g **new potatoes**, halved
4 **spring onions**, thinly sliced
4 **radishes**, thinly sliced
150g cooked **beetroot**, diced
200g **wood-smoked salmon**
180g **baby rocket**
Lemon wedges, to serve

Dill mustard dressing

⅓ cup **fresh dill**, roughly chopped
Zest and juice of 1 **lemon**
2 tablespoons **reduced-fat mayonnaise**
1 tablespoon **Dijon mustard**
2 tablespoons **white wine vinegar**
5 tablespoons **reduced-fat Greek-style yoghurt**
½ teaspoon **caraway seeds**

1 Place potatoes in a large saucepan, cover with water and bring to the boil over high heat. Reduce heat to low and simmer for 15 minutes or until tender. Drain and set aside to cool. Transfer to a large serving bowl. Add onion, radish and beetroot.

2 To make dill mustard dressing, place all ingredients in a screw-top jar and shake well to combine. Drizzle over salad, gently tossing to combine.

3 Break salmon into bite-sized chunks and add to salad bowl. Arrange rocket on top and serve with lemon wedges on the side. hfg

Recipe, styling & food prep: Sarah Swain. Photography: Devin Hart.

WHY IT'S BETTER

Our version has less than half the calories & saturated fat of a regular potato salad. It also has the addition of gut-loving yoghurt.

FRESH & LIGHT!

LOW kJ

LOW FAT

2 VEGIE serves

PER SERVE (as a side dish)

Our version	Regular version
460kJ/101cal	1025kJ/244cal
Protein 8g	Protein 7g
Total fat 2g	Total fat 19.5g
Sat fat <1g	Sat fat 2.5g
Carbs 15g	Carbs 14.4g
Sugars 3g	Sugars 2.7g
Fibre 2g	Fibre 1.5g
Sodium 410mg	Sodium 263mg
Calcium 80mg	Calcium 12mg
Iron 1mg	Iron <1mg

Blitz + go!

Prepare delicious smoothie combos the night before to pop in the blender for breakfast.

MINT & MANGO DELIGHT
(See recipe p64)

BANANA, NUT & BERRY KNOCKOUT
(See recipe right)

GREEN GINGER BUZZ
(See recipe p65)

PREP & FORGET

Pushed for time getting yourself (and everyone else) out the door each morning? These tips will help you sleep well, knowing a good brekkie will be ready in the morning.

- ➜ Stock up on in-season, budget-friendly, ripe fruit, such as mangos, pineapple and various berries.
- ➜ Chop fruit into even-sized chunks and grate harder vegies, such as carrot or beetroot, for easy storage.
- ➜ Make milk and yoghurt family fridge staples. Keep long-life UHT milk in the pantry for 'emergencies'.
- ➜ Use sandwich-sized zip-lock bags to ensure smoothie ingredients are sensible, individual portion sizes.
- ➜ Once filled, squeeze as much air as possible out of each zip-lock bag to prevent any frost from forming while freezing.
- ➜ Mark freezer bags with all ingredients and the date you prepped and packed them.
- ➜ Store zip-lock bags flat in the freezer for up to two months.

Banana, nut & berry knockout

Serves 1

✓gluten free ✓diabetes friendly

Pour ½ cup **reduced-fat milk** into a blender. Add 1 chopped **banana**, ¼ cup frozen or fresh **raspberries**, 1 **medjool date**, 1 tablespoon **LSA** mix, 1 teaspoon **natural peanut butter** and ½ teaspoon of **cinnamon**. Blend for 30 seconds or until combined and smooth.

GOOD FOR BONES!

THREE *easy* STEPS TO A SMOOTH RIDE

1

Put your chosen liquid (dairy or plant-based milk) into the blender first, then add leafy greens, grated veg and fruit chunks.

2

Thicken smoothies by adding some yoghurt to the blender.

3

Thin smoothies by adding a little water.

LOW kJ HIGH FIBRE LOW SODIUM HIGH CALCIUM

PER SERVE	
1536kJ/368cal	Sugars 42.7g
Protein 14.3g	Fibre 9.6g
Total fat 12g	Sodium 87mg
Sat fat 2.8g	Calcium 284mg
Carbs 45.8g	Iron 1.9mg

Recipes: Brooke Delfino. Photography: Mark O'Meara. Styling: Julz Beresford. Food prep: Kerrie Ray.

Mix it up!

Keen to break out of your flavour box? Try these:

- ➜ Include avocado for a hit of creaminess to green, vegie-based smoothies. Its subtle flavour means you won't even taste it!
- ➜ Increase the natural sweetness by adding a few medjool dates.
- ➜ Use fresh or ground ginger, and fresh or dried spices and herbs for a flavour burst. They're full of healthy antioxidants, too. Start with a modest pinch, then adjust to taste.
- ➜ Give smoothies a health boost by including a tablespoon of rolled oats, chia seeds or LSA (linseed, sunflower and almond).
- ➜ Not keen on kale or celery? Add milder, softer greens, such as English or baby spinach leaves, to your smoothie.

Mint & mango delight

Serves 1

✓gluten free ✓dairy free ✓diabetes friendly

Pour ½ cup **coconut water** into a blender. Add 1 chopped **mango**, 1 chopped **carrot**, 1 tablespoon **dessicated coconut**, pulp of 1 **passionfruit** and **fresh mint.** Blend for 60 seconds or until combined and smooth.

LOW kJ · LOW FAT · HIGH FIBRE · LOW SODIUM

PER SERVE	
590kJ/141cal	Sugars 23.9g
Protein 4.7g	Fibre 7.6g
Total fat 0.5g	Sodium 43mg
Sat fat 0.1g	Calcium 99mg
Carbs 25.6g	Iron 2.7mg

COOK'S TIP

Instead of fresh mint, experiment with other herbs, such as coriander leaves, sage or dill until you find a flavour combo that suits your palate.

HIGH IN FIBRE!

Green ginger buzz

Serves 1

✓gluten free ✓dairy free ✓diabetes friendly

Pour ½ cup cold water into a blender. Add 90g baby **spinach** leaves, English spinach or kale, ½ cup **pineapple**, ½ green **apple**, ½ **banana** and 2 teaspoons grated fresh **ginger**. Blend for 60 seconds or until combined and smooth. hfg

LOW kJ · LOW FAT · HIGH FIBRE · LOW SODIUM · 1 VEGIE serve

PER SERVE

827kJ/198cal	Sugars 29.1g
Protein 3.8g	Fibre 8.9g
Total fat 4.6g	Sodium 32mg
Sat fat 3.2g	Calcium 62mg
Carbs 30.8g	Iron 1.9mg

Best-ever vegie burgers

Discover a world of flavour with vibrant, plant-based burgers and get loads more veg into your day!

Haloumi vegie burgers

Serves **4** Prep **15 mins** Cook **15 mins** **$AVER**

✓vegetarian ✓gluten free

80g **haloumi**, grated
½ cup **frozen peas**, defrosted
90g chopped **baby spinach leaves**
1 **zucchini/courgette**, grated
¼ cup roughly chopped **fresh mint leaves**
2 cloves **garlic**, crushed
2 large **carrots**, grated
1 **egg**
4 **gluten-free wholegrain burger buns**, halved
4 large **cos or iceberg lettuce leaves**
2 **radishes**, thinly sliced
1 **avocado**, sliced
12 **pea sprouts**

Tahini dressing
½ cup **reduced-fat Greek-style yoghurt**
2 tablespoons **gluten-free tahini**
2 tablespoons **lime juice**

1 To make the tahini dressing, place all ingredients in a small bowl, mixing to combine.

2 Place haloumi, peas, spinach, zucchini, mint, garlic and half the carrot in a large mixing bowl. Season with freshly ground black pepper, mixing well to combine. Wrap mixture in a muslin cloth or clean Chux and squeeze over sink to remove excess liquid. Return mixture to bowl. Add egg, stirring to combine. Divide and shape into four patties.

3 Lightly spray a large non-stick frying pan with olive oil and heat over medium heat. Add patties to pan and cook, occasionally pressing down with a spatula, for 5–6 minutes each side or until burgers are golden and cooked through.

4 Divide bun bases among four serving plates. Top with lettuce, haloumi burger, radish, avocado, remaining grated carrot and pea sprouts. Drizzle over tahini dressing and serve sandwiched with burger bun tops.

Recipes & styling: Jo Bridgford. Photography: Bryce Carleton

3 SERVES OF VEG!

COOK'S TIP

Get ahead by preparing these patties & the tahini dressing up to three days in advance, then pull out of the fridge for a quick meal when time's short.

HIGH CALCIUM
HIGH PROTEIN
HIGH FIBRE
3 VEGIE serves

PER SERVE

2280kJ/546cal
Protein 23g
Total fat 28g
Sat fat 7g
Carbs 50g

Sugars 8g
Fibre 12g
Sodium 770mg
Calcium 370mg
Iron 3.5mg

COOK'S TIP

Double the quantities & freeze extra patties (plus wholegrain buns) for up to two months, then just defrost when too busy to cook.

GREAT FOR THE GUT!

HIGH FIBRE

HIGH IRON

3 VEGIE serves

PER SERVE

1880kJ/448cal	Sugars 12g
Protein 19g	Fibre 14g
Total fat 16g	Sodium 630mg
Sat fat 3g	Calcium 170mg
Carbs 65g	Iron 7.5mg

Supergrain beetroot & tofu open burgers

Serves **6** Prep **10 mins** plus **30 mins** chilling Cook **30 mins** **$AVER**

✓vegetarian

½ cup **millet**
½ cup red **quinoa**
1 **red onion**
1 x 400g can **no-added-salt lentils**, rinsed, drained
½ cup grated **beetroot**
1 tablespoon **reduced-salt soy sauce**
130g **firm tofu**, roughly crumbled
¼ cup **mixed seeds** (sunflower, pepita/pumpkin seeds)
2 tablespoons **garam masala**
1 cup **quick-cook rolled oats**
½ cup **reduced-fat sour cream**
2 tablespoons **sriracha**, plus extra (optional) to drizzle
3 tablespoons **lemon juice**
1 tablespoon **olive oil**
3 **wholegrain burger buns**, halved
3 **cos lettuce leaves**, cut in half
4 **large tomatoes**, sliced
2 cups **alfalfa sprouts**
4 cups shredded **iceberg lettuce**

1 Place millet, quinoa and 2½ cups cold water in a large saucepan. Cover with lid and bring to boil over high heat. Reduce heat to low and simmer, uncovered and stirring occasionally, for 10 minutes or until water is absorbed and grains are cooked. Drain in a sieve and set aside.

2 Roughly chop half the onion and place in a food processor. Add lentils, beetroot, soy sauce, tofu and seeds and process for 60 seconds or until well combined. Add garam masala and cooked grains. Season with freshly ground black pepper and ¼ teaspoon salt. Process for a further 30 seconds or until just combined. Transfer to a large bowl.

3 Line a baking tray with baking paper. Place oats in a large shallow dish. Using clean hands, divide burger mixture into six balls. Working with one at a time, roll balls through oats to coat, then place on prepared tray. Lightly press down to form patties. Transfer tray to fridge to chill for 30 minutes.

4 Meanwhile, place sour cream and sriracha in a small dish, mixing to combine. Place lemon juice and olive oil in a small dish, whisking to combine. Slice remaining red onion into fine rings. Toast burger bun halves and divide among six serving plates. Preheat oven to 180°C.

5 Lightly spray each patty with oil, then bake for 15–20 minutes or until cooked through. Spread sour cream mixture over bun halves, then top with tofu burger, cos lettuce, a few onion rings, half the tomato slices and half the sprouts.

6 Place shredded iceberg lettuce in a salad bowl. Add remaining tomato, onion rings and alfalfa sprouts. Drizzle over dressing, tossing well to combine. Serve burgers with salad, drizzled with extra sriracha, if desired.

›

Mexi portobello burgers with pickled pink onions

Serves **4** Prep **15 mins** Cook **20 mins**
✓vegetarian

4 large **portobello mushrooms,** stalks removed
1 **yellow** or **orange capsicum,** thickly sliced
1 teaspoon **ground cumin**
1 teaspoon **ground coriander**
1 teaspoon **smoked paprika**
½ **onion,** finely chopped
3 cloves **garlic,** crushed
1 x 400g can **no-added-salt white beans,** drained, rinsed
1 teaspoon **dried oregano**
½ teaspoon **chilli flakes** (optional)
50g **reduced-fat cheddar,** grated
4 **wholegrain burger buns,** halved
½ cup **reduced-fat sour cream**
¼ cup **fresh coriander leaves,** roughly chopped
1 **baby cos lettuce,** shredded
1 large **tomato,** sliced
1 large **avocado,** sliced
1 **red chilli** (optional), finely sliced, to serve

Pickled pink onions

1 large **red onion,** thinly sliced
2 cups **apple cider vinegar**
½ teaspoon **sugar**
½ teaspoon **salt**

1 To make pickled pink onions, place red onion in a heatproof bowl and cover with boiling water. Allow to soak for 5 minutes before draining. Return onion to bowl then pour over vinegar. Add sugar and salt, stirring until dissolved. Set aside.

2 Meanwhile, place mushrooms and capsicum on a baking tray and lightly spray with olive oil. Sprinkle over cumin, coriander and paprika, tossing to coat vegies.

3 Lightly spray a large non-stick frying pan with oil and heat over medium heat. Add onion and garlic and cook for 3–4 minutes or until just softened. Add beans, oregano and chilli flakes, if using. Season with freshly ground black pepper and cook, stirring, for 2–3 minutes or until fragrant and beans are heated through. Transfer mixture to a large bowl and roughly mash with a fork. Cover and set aside.

4 Lightly respray pan and increase heat to high. Add spiced capsicum and cook, stirring, for 2–3 minutes or until just softened. Transfer to a plate. Add spiced mushrooms, stem-side down, and cook for 3–4 minutes. Flip over, top with cheese and cook for a further 3–4 minutes or until mushrooms are cooked through and cheese is melting.

5 Place bun bases on four serving plates. Place sour cream and coriander in a small bowl, mixing to combine. Spread sour cream mixture over bun bases, then add lettuce, mushroom, capsicum, tomato, bean mixture, avocado and chilli, if using. Top with pickled onions, then serve sandwiched with bun tops. hfg

HIGH FIBRE
4 VEGIE serves

PER SERVE	
2070kJ/495cal	Sugars 11g
Protein 19g	Fibre 14g
Total fat 25g	Sodium 650mg
Sat fat 7g	Calcium 220mg
Carbs 45g	Iron 3mg

COOK'S TIP

Double the quantities when making the pickled onion, then store what you don't use in a preserving jar in the fridge for up to three months.

4 SERVES OF VEG!

LIGHT & LEMONY!

Lemon slice
(See recipe overleaf)

Sweetness squared!

Slice of *heaven*

Get the kids in the kitchen (and off their screens) making tasty treats you'll all love!

Chocolate crunch!
OATY LAYERS!

COOK'S TIP

Before cutting this into squares, dip the blade of a sharp knife into hot water to help prevent the chocolate cracking.

PER SQUARE	
840kJ/200cal	Sugars 18g
Protein 3g	Fibre 1g
Total fat 9g	Sodium 50mg
Sat fat 3g	Calcium 90mg
Carbs 25g	Iron 1mg

◂ Caramel slice

Makes **16** Prep **15 mins**
Cook **35 mins** plus **2 hrs** chilling

- 1 cup **flour**
- 125g **reduced-fat spread,** melted
- ½ cup **brown sugar**
- 1 cup **rolled oats**
- 1 x 380g can **caramel condensed milk**
- 60g **dark cooking chocolate**

1 Preheat oven to 180°C. Lightly spray a 20 x 20cm slice pan with olive oil.

2 Place flour, spread, sugar and oats in a large bowl, mixing to combine. Transfer to prepared pan, pressing mixture evenly into corners. Bake for 15–20 minutes or until golden.

3 Evenly spread caramel over cooked base then bake for a further 15 minutes or until caramel is starting to bubble.

4 Remove pan from oven and allow to cool. Place chocolate in a heatproof bowl over boiling water, stirring until melted and smooth. Transfer to a piping bag or zip-lock bag with corner snipped. Drizzle chocolate over top of slice to decorate, then refrigerate for 2 hours or until set. Serve cut into 16 squares.

Lemon slice (p72) $AVER

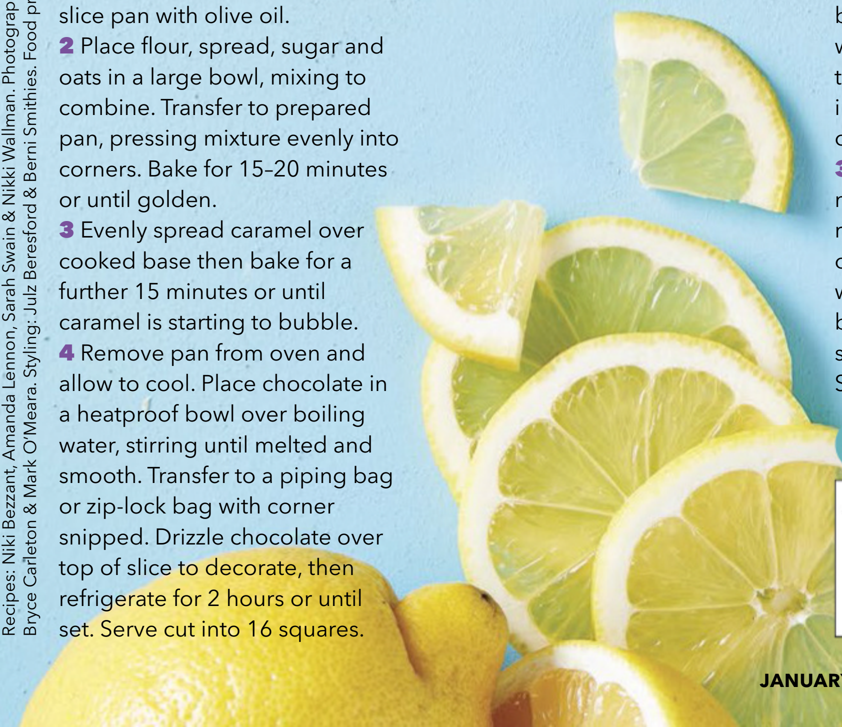
Makes **15** Prep **5 mins**
Cook **20 mins** plus **15 mins** cooling

- 1 cup **plain flour**
- ½ cup **self-raising flour**
- ¾ cup **caster sugar**
- 125g **reduced-fat spread**
- 1 **egg,** separated
- ¾ cup **light condensed milk**
- Zest and juice of 2 large **lemons**
- 2 tablespoons **cornflour**

1 Preheat oven to 180°C. Line a 30 x 20cm slice pan with baking paper. Sift flours into a large bowl. Add ½ cup sugar, stirring to combine.

2 Place spread in a saucepan and heat over low heat for 2–3 minutes or until melted. Remove pan from heat and allow spread to cool before adding to bowl. Add egg white, mixing well to combine. Transfer mixture to prepared pan, pressing evenly into corners. Bake for 15 minutes or until golden.

3 Meanwhile, place egg yolk, milk, zest, juice, cornflour and remaining sugar in same pan over medium-high heat. Cook, whisking, for 5 minutes or until boiling and thickened. Pour over slice, spreading evenly. Cool. Serve cut into 15 squares.



LOW kJ

PER SQUARE	
800kJ/191cal	Sugars 22g
Protein 3g	Fibre <1g
Total fat 6g	Sodium 50mg
Sat fat 1g	Calcium 60mg
Carbs 30g	Iron 0.5mg

Recipes: Niki Bezzant, Amanda Lennon, Sarah Swain & Nikki Wallman. Photography: Steve Brown, Bryce Carleton & Mark O'Meara. Styling: Julz Beresford & Berni Smithies. Food prep: Dixie Elliott.

COOK'S TIP

If your local supermarket doesn't stock crystallised ginger, use raisins, zested lime or chopped glacé cherries instead.

Glazing glory!
FULL OF BITE!
HIGH FIBRE

PER SQUARE

930kJ/221cal	Sugars 17g
Protein 6g	Fibre 3g
Total fat 13g	Sodium 40mg
Sat fat 2g	Calcium 70mg
Carbs 20g	Iron 1.5mg

Ginger crunch

Makes **24** Prep **10 mins** plus **1 hr 30 mins** chilling

1¼ cups **raw cashews**
1¼ cups **hazelnuts**
1 cup **ground almonds**
2 cups **medjool dates**
3 teaspoons **ground ginger**
3 tablespoons **almond butter**
4 tablespoons **maple syrup**

Icing

220g **reduced-fat spreadable cream cheese**
1 teaspoon **vanilla paste**
⅓ cup **icing sugar**
1 tablespoon **maple syrup**
3 teaspoons **ground ginger**
2 tablespoons **stem/crystallised ginger**, finely chopped

1 Line a 30 x 20cm slice pan with baking paper.
2 Place nuts in a food processor and process until fine breadcrumb texture. Add dates, ginger, butter, syrup and ¼ cup hot water, processing until mixture forms a soft, slightly sticky ball.
3 Transfer mixture to prepared pan, pressing evenly into corners. Using a dampened spoon, smooth down surface. Place in freezer for 30 minutes or until base is set.
4 To make icing, place all ingredients except stem ginger in a bowl, mixing to combine. Transfer to pan, spreading evenly over set base. Sprinkle over stem ginger, then freeze for a further hour or until set.
5 Cut ginger crunch into 24 squares and serve at room temperature. hfg

Shopping for RELIABLE, HEALTHY BRANDS?

LOOK FOR THIS LOGO

AUSTRALIAN healthy food GUIDE MAGAZINE

AWARDS

WINNER

★

2022

INDEPENDENTLY JUDGED BY DIETITIANS FOR NUTRITION & GOOD TASTE!

shop EASY

choosing healthier bread | best breakfast mueslis | sodium in plant proteins

Reach for the sky

Greeks definitely do it better when it comes to healthier yoghurts, but they'll need to make way for a new kid on the block.

Of all the yoghurts in the supermarket chiller cabinet, Icelandic yoghurt is topping the nutritional charts. Also known as skyr, Icelandic yoghurt is similar to the Greek-style variety but thicker and creamier, and milder in flavour.

Skyr is usually higher in muscle-building protein and bone-strengthening calcium than other yoghurt types. If you choose a brand of Icelandic yoghurt that has a short and simple ingredients list, with no added sugars, it will also be lower in kilojoules. hfg

Photography: iStock.

shopping news

Our dietitian scours the shelves to find the tastiest, healthy foods in-store now.

IN SEASON NOW!

STRAWBERRIES

Strawberry fields

Is there anything better than scrumptious strawberries on a hot summer's day? Here are four berry good nutrition reasons to load up your shopping trolley with these sweet, in-season beauties.

LIGHT & LOVELY

Strawberries make for a perfect low-kilojoule snack, with just 131kJ (31cal) per 10 berries.

GUT GURU

Just 10 strawberries give you about 10 per cent of your daily fibre needs to keep your gut in good working order.

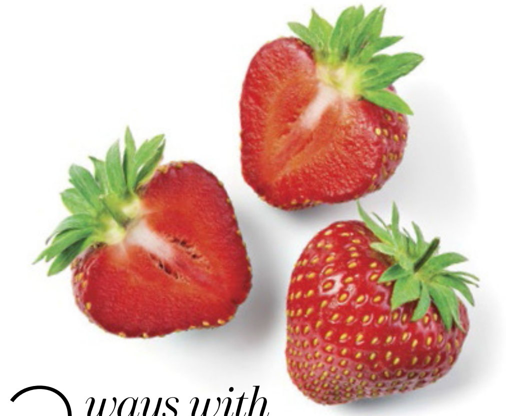
HYDRATION HERO

Consisiting of more than 90 per cent water, strawberries are a smart choice when the temperature starts to soar. Pop a few berries into your water bottle for a fruity flavour boost.

IMMUNE SUPPORT

Eating just 10 strawberries will provide you with more than 100 per cent of your daily vitamin C needs, supporting immune health and helping your body to absorb enough energising iron.

Photography: iStock, John Paul Urizar, Steve Brown



3 ways with SWEET & SUCCULENT STRAWBS...

CHICKEN, KALE & STRAWBERRY SALAD

PEAR, STRAWBERRY & PISTACHIO CRUMBLE

STRAWBERRY CHEESECAKE FRENCH TOAST

For these recipes, visit **healthyfood.com**

***HFG* DIETITIAN APPROVED**

Shelf watch

Summer sip

Want a perfect poolside sip? **Mount Franklin Lightly Sparkling Mango** has no added sugar or sweeteners.

Per 250ml can: 5kJ (1cal), 0g carbs, 0g sugar, 12mg sodium

Go nutty!

Noya Crunchy 100% Almond Nut Butter is all almonds. Pair with wholegrain crackers and vegie sticks.

Per 30g serve: 786kJ (188cal), 9.3g protein, 15.8g fat, 1.3g sat fat, 1.9g carbs, 1.2g sugar, 1.5g fibre, 2.7mg sodium

Brekkie bar

Enjoy a fibre-filled brekkie with **We The Many Prebiotic Granola Gut Health**. With nuts, seeds and oats, it has the dietitian's seal of approval.

Per 25g serve: 640kJ (150cal), 3.8g protein, 7.5g fat, 1.4g sat fat, 16g carbs, 5g sugar, 2.4g fibre, 43mg sodium

Gluten-free find

One serve of **Wonder Gluten Free Soft Wholemeal Bread** has up to 30 per cent of your daily fibre needs.

Per 2 slices (83g): 810kJ (194cal), 2.5g protein, 3.6g fat, <1g sat fat, 33.2g carbs, 2.4g sugar, 8.3g fibre, 295mg sodium

Coffee connoisseur

You'll love **Hunt and Brew Colombia Cold Brew Coffee** when you need a pick-me-up. Made with fresh milk and single-origin coffee, it makes for a refreshing brew.

Per 400ml serve: 746kJ (178cal), 9.6g protein, 9.2g fat, 6g sat fat, 14.8g carbs, 6.4g sugar, 108mg sodium 352mg calcium hfg

— 10 OF THE BEST —

MUESLIS

Build a balanced breakfast bowl with these dietitian-approved mueslis.

3 REASONS TO ENJOY MUESLI

➜ **Wholegrain goodness** Usually combined with rolled oats, muesli is an easy, all-in-one way to get more health-giving whole grains into your daily diet.

➜ **Plant power** The nuts and seeds in packaged muesli might be small, but they're mighty in nutrition. Ready-made muesli is full of plant-based protein and gut-loving fibre, as well as heart-healthy fats.

➜ **Perfect pairing** Muesli is a delicious, wholesome base to build on. Top it with other nutritious ingredients, such as fruit, reduced-fat Greek-style yoghurt or milk.

Check the back of packaging & choose products with a **short ingredients list**

JORDANS
FOUR NUT MUESLI

Sunsol
PRO-biotic
low Sugar

Apricot, Almond & Date
MUESLI

freedom
GLUTEN FREE
active balance
FRUIT & SEEDS MUESLI

Carman's
Low Sugar
Toasted Almond & Cashew Muesli

1 Jordans Four Nut Muesli

Per 100g: 1650kJ (392cal), 10.8g protein, 9.8g fat, 1.7g sat fat, 61.3g carbs, 14.5g sugar, 7.5g fibre, 10mg sodium

2 Sunsol Pro-biotic Toasted Muesli Almond, Superseed & Dark Choc

Per 100g: 1730kJ (414cal), 13.2g protein, 16.3g fat, 3.3g sat fat, 47.1g carbs, 4.4g sugar, 13.2g fibre, 9mg sodium

3 Woolworths Apricot, Almond & Date Muesli

Per 100g: 1560kJ (373cal), 11.6g protein, 10.2g fat, 2g sat fat, 52g carbs, 9.8g sugar, 12.5g fibre, 21mg sodium

4 Freedom Foods Active Balance Fruit & Seeds Muesli

Per 100g: 1800kJ (430cal), 10.5g protein, 14.6g fat, 4.3g sat fat, 58.7g carbs, 16.7g sugar, 10.7g fibre, 62mg sodium

5 Carman's Low Sugar Toasted Almond & Cashew Muesli

Per 100g: 1830kJ (437cal), 12g protein, 20.4g fat, 5g sat fat, 46g carbs, 4.7g sugar, 11.2g fibre, 10mg sodium

UNCLE TOBYS
Goodness Bowl
LOW SUGAR MUESLI
BERRIES & COCONUT

fruit free
super nutty
toasted muesli

Morning Sun
97% Fat Free
Fruit Muesli

RED TRACTOR
NATURAL
MUESLI
NUTS & SEEDS
WHEAT FREE

Brookfarm
natural
muesli

6 Uncle Tobys Goodness Bowl Low Sugar Muesli Berries & Coconut

Per 100g: 1590kJ (380cal), 13g protein, 10.6g fat, 2.8g sat fat, 51.7g carbs, 2.9g sugar, 12.1g fibre, 10mg sodium

7 Coles Wellness Road Fruit Free Super Nutty Toasted Muesli

Per 100g: 1940kJ (464cal), 12.9g protein, 21.7g fat, 2.5g sat fat, 49.4g carbs, 4.4g sugar, 9.6g fibre, 7mg sodium

8 Morning Sun Natural Style Muesli 97% Fat Free Fruit

Per 100g: 1430kJ (342cal), 9.8g protein, 1.9g fat, 0.4g sat fat, 64.4g carbs, 13.7g sugar, 12.4g fibre, 38mg sodium

9 Red Tractor Wheat Free Natural Muesli Nuts & Seeds

Per 100g: 1850kJ (443cal), 14.5g protein, 20.4g fat, 2.7g sat fat, 45.1g carbs, 2g sugar, 11g fibre, 6mg sodium

10 Brookfarm Natural Muesli Macadamia Apple & Apricot

Per 100g: 1800kJ (430cal), 11.8g protein, 19.3g fat, 5.1g sat fat, 46.3g carbs, 10.4g sugar, 11.7g fibre, 7.7mg sodium

Photography: iStock.

YOUR GUIDE TO

Bread

Want to choose a healthy loaf from an ever-expanding range? We show you how to break the best bread.

Wholegrain bread is the most nutritious as it's made with grains, seeds & less refined flour.

It can seem like there's a new type of bread on the supermarket shelf every week. Gluten free, low carb, prebiotic, whole grain, ancient grains… the choice is huge. Bread can be very nutritious and the best provide plenty of gut-loving fibre and low-GI carbohydrates to balance blood sugars. Plus, bread is delicious! Let's toast the facts.

What's baking?

Forget just white or brown. The types you can buy now include:

WHITE Made from refined wheat flour, this type of bread usually has a high glycaemic index (GI), so can cause rapidly fluctuating blood sugar levels. It also leaves you feeling hungry sooner. Most white bread is low in fibre, but some are higher than the norm.

MULTIGRAIN This white bread contains grains and seeds, which boost the fibre. Multigrain loaves are a slightly healthier choice than traditional white bread.

WHOLEMEAL Healthier than white or multigrain options, this type of bread is made from wholegrain flour, which retains all three layers of the wheat grain when it is processed. This means it contains more fibre and essential micronutrients.

WHOLE GRAIN This is made from wholemeal flour plus grains and seeds. It's low GI, provides even more fibre and tends to have more hunger-busting protein. It's the most nutritious bread choice on shop shelves.

LOW CARB Usually made with legume products, this means it often contains more protein and fibre than traditional loaves. This type of bread can be good for people who are watching their carbohydrate consumption.

GLUTEN FREE Available in white, multigrain, wholemeal and wholegrain, this bread is made with gluten-free ingredients (rice, potato, corn) for those who need to avoid the gluten in wheat. Gluten-free bread is not necessarily healthier than regular bread, but a loaf that has whole grains is better than one without.

Photography: iStock.

Wrap 'n' roll

➜ As with bread loaves, the healthiest wraps, rolls and 'thins' are wholegrain ones. Opt for a smaller roll because a super-sized one can be the equivalent of several slices of bread.

➜ Sandwich thins usually have less kilojoules than slices, so make a good choice for a lighter meal. Again, choose grainy, wholemeal varieties.

➜ Wraps can be high in sodium, so read nutrition labels carefully and buy wholegrain or wholemeals brands.

FAB FILLINGS

What you put inside your sandwich is just as important as the bread you use. For a well-balanced, tasty, creative combo, try these wrap, roll and sandwich thin inclusions:

✓ **Protein** Eggs, skinless chicken, lean beef, tuna and tofu are all satisfying choices. Steer clear of heart-risky high sat-fat, high-sodium deli meats.

✓ **Vegies** For a good dose of disease-fighting antioxidants, add lots of in-season, colourful vegies. Lettuce, grated carrot, sliced cucumber and tomatoes, plus canned beetroot slices (drained) work a treat.

✓ **Healthy fats** Say goodbye to butter, which is high in artery-clogging sat fat, and use better-for-you alternatives, such as avocado, nut butters and hummus made with chickpeas.

HFG RECOMMENDS...

ALL-ROUNDER

Bürgen Wholemeal & Seeds

Per 2 slices: 863kJ (206cal), 10.2g protein, 6.3g fat, 0.7g sat fat, 23.6g carbs, 1.1g sugar, 6.9g fibre, 285mg sodium

GLUTEN FREE

Abbott's Bakery Gluten Free Soy & Linseed

Per 2 slices: 946kJ (226cal), 5.4g protein, 5.5g fat, 0.6g sat fat, 36.1g carbs, 4.2g sugar, 4.6g fibre, 302mg sodium

FUSSY EATER

Wonder White High Fibre Sandwich Loaf

Per 2 slices: 730kJ (175cal), 6.1g protein, 2g fat, <1g sat fat, 29.5g carbs, 1.6g sugar, 6g fibre, 260mg sodium

LOWER CARB

Helga's Lower Carb Traditional Wholemeal Wraps

Per wrap: 620kJ (148cal), 7.5g protein, 5.5g fat, 2.5g sat fat, 15.2g carbs, 2g sugar, 4.9g fibre, 200mg sodium

ROLL WITH IT!

Prebiotic Cape Seed Roll with BARLEYmax®

Per 89g roll: 1140kJ (271cal), 12.9g protein, 10.1g fat, 1.4g sat fat, 26.8g carbs, 2.2g sugar, 10.7g fibre, 235mg sodium

HOW MUCH *sodium* IS IN plant proteins?

Vegan? Vegetarian? Just cutting back on meat? Shake the salt off plant-powered alternatives with these dietitian-approved options.

There's no denying we're consuming too much salt. While the recommended maximum daily sodium intake is 2000mg, the average daily sodium intake is more than 2400mg. So, with the plant protein movement in full swing, we reveal how plant-based meat alternatives stack up in the sodium stakes.

Worth their salt?

From traditional vegetarian favourites, such as tofu, tempeh and legumes, to trendy new creations like 'facon' (vegan bacon), chickenless 'chick'n' and meat-free 'snags', there are now plenty of meat-free proteins in supermarkets. The health halo of plant-based alternatives isn't always warranted, though, as many products are incredibly high in sodium. Eating too much sodium can raise your blood pressure, which increases your risk of stroke and heart attack.

Healthier alternatives

If you want a healthier meat-free meal, read the ingredients list on the packaging of meat alternatives. Better-for-you choices are made with real wholefoods – think soy, legumes and vegetables. These tend to be lower in sodium as well as unhealthy saturated fat. Not-so-healthy options contain highly refined ingredients and a long list of unrecognisable words and numbers. These products may also contain coconut oil, which brims with saturated fat.

Further factors

Aside from the ingredients list, it pays to consider:

- ➜ The protein content of your chosen plant protein. Aim for a product with at least 10g protein per 100g.
- ➜ The saturated fat content. Look for products with less than 5g sat fat per 100g.

Photography: iStock.

Spoilt for choice

Look for products with less than 400mg sodium per 100g.

0%
DAILY MAXIMUM SODIUM INTAKE

Nutrisoy Organic Tempeh
<5mg sodium per 100g serve

0%
DAILY MAXIMUM SODIUM INTAKE

Evergreen Original Tofu Regular Firm
7mg sodium per 150g serve

2000mg sodium = a teaspoon of salt (5g)

11%
DAILY MAXIMUM SODIUM INTAKE

Made With Plants Meat-Free Bacon
212mg sodium per 40g serve

12%
DAILY MAXIMUM SODIUM INTAKE

Unreal Co Vegan Bratwurst Beefy Sausage
244mg sodium per 58g serve

18%
DAILY MAXIMUM SODIUM INTAKE

Impossible Beef Made From Plants Mince
367mg sodium per 113g gram serve

18%
DAILY MAXIMUM SODIUM INTAKE

V2 Plant-Based Mince
369mg sodium per 125g serve

20%
DAILY MAXIMUM SODIUM INTAKE

Sunfed® Chicken Free Chicken™ Wild Meaty Chunks
390mg sodium per 100g serve

31%
DAILY MAXIMUM SODIUM INTAKE

Plant Asia Plant-Based Roast Duck
610mg sodium per 100g serve

39%
DAILY MAXIMUM SODIUM INTAKE

Yumi's Classic Veggie Burgers
788mg sodium per 125g serve

46%
DAILY MAXIMUM SODIUM INTAKE

Plantein Plant-Based Schnitzel
914mg sodium per 150g serve

52%
DAILY MAXIMUM SODIUM INTAKE

Wildly Good Pumpkin & Caramelised Onion Sausages
1031mg sodium per 125g serve hfg

UPGRADE YOUR...

Summer grillin'

It's sizzle season! We show you how to add a boost of good nutrition to your barbecue banquet.

Everyone loves a backyard barbecue on a piping hot day, but typical barbecue bites aren't always super healthy. The good news is, with a few simple tweaks, you can make your plate far more nutritious.

+ MORE FIBRE

Fibre plays a key role in gut health and keeps you feeling fuller for longer.

Swap: A small white bread roll for a wholemeal one. Not only will you boost your fibre intake, you'll add health-giving whole grains to your meal, too.

+ MORE HEALTHY FATS

Unsaturated fats keep your heart and brain healthy. They're also super satisfying and keep pesky hunger pangs at bay.

Swap: Butter on your bread roll for a quarter of an avocado. You'll save 2g of unhealthy saturated fat and, as a bonus, add 3g of fibre.

+ MORE CALCIUM

Calcium is essential for strong bones and teeth, but more than three quarters of females and half of males don't get enough.

Add: A sprinkle of cheese to your garden salad. This addition will also boost the protein on your plate by 5g.

Basic barbecue plate

1 pork sausage, 1 small minute steak with tomato sauce, scoop of potato bake, handful of garden salad and a small bread roll with butter.

= 3083kJ (738cal), 45.2g protein, 47g fat, 20.8g sat fat, 31.3g carbs, 7.6g sugar, 4.7g fibre, 1246mg sodium

+ MORE LEGUMES

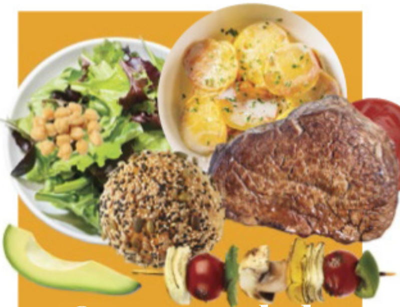
Legumes, such as beans, lentils and chickpeas, are plant-based powerhouses that provide the winning trio of slow-burning energy, muscle-building protein and gut-friendly fibre.

Add: A handful of chickpeas to your salad. For some crunch, toss them in extra virgin olive oil and spices and cook them on the barbecue until crisp, before adding to your greens.

+ MORE VEGIES

Filling up half of your plate with vegies is one of the cornerstones of healthy eating. They're packed with hunger-busting fibre and disease-fighting antioxidants.

Swap: A sausage for a skewer of vegies (capsicum, red onion, zucchini and eggplant). Not only will this help you inch towards your five-plus-a-day target, you'll wipe more than 8g of unhealthy saturated fat from your plate.



Our upgraded barbecue plate

1 vegie kebab, 1 small minute steak with tomato sauce, scoop of potato bake, 1 handful of garden salad with cheese and chickpeas, and a small wholemeal bread roll with ¼ avocado

= 2851kJ (682cal), 44.3g protein, 35.5g fat, 15.2g sat fat, 39.4g carbs, 13.3g sugar, 13.1g fibre, 797mg sodium hfg

Words: Melissa Meier. Photography: iStock.

Your Summer FUSS-FREE

Each day's meal plan gives you...

- **8700kJ** (about 2080cal) for weight maintenance
- **More than 100g protein** to keep pesky hunger pangs at bay
- **Almost 40g fibre** to support a healthy gut
- **1200mg or more calcium** for strong bones and teeth
- **3 to 4 snacks** to enjoy at home or out and about

For more about your individual nutrition needs, turn to p95.

MONDAY

Breakfast

- **Smoothie** made with 1 cup milk, ½ cup rolled oats, 2 tbs low-fat plain yoghurt, ½ banana, ½ mango & 30g almonds

(2700kJ/650cal)

Lunch

- **Cajun chicken rice paper rolls with Cajun mayo (p43)**
- Nectarine

(2700kJ/650cal)

Dinner

- **Salmon brown rice bowl (p45)**

(2300kJ/480cal)

Snacks

- Regular latte
- 1 cup raw vegie sticks
- 2 wholegrain crispbreads topped with 1 tbs tzatziki

(1000kJ/290cal)

Daily total 8700kJ/2080cal

TUESDAY

Breakfast

- **Cheese & tomato toast** made with 2 slices wholegrain toast, ½ cup ricotta, 1 tomato & drizzle each balsamic glaze & olive oil
- Regular latte

(2900kJ/690cal)

Lunch

- **Cajun chicken rice paper rolls with Cajun mayo (p43)**
- Peach

(2700kJ/650cal)

Dinner

- **Chilli tuna bowl with lentils & green beans (p49)**

(1400kJ/330cal)

Snacks

- 1 cup raw vegie sticks
- 1 cup pineapple
- 1 x 170g tub low-fat plain yoghurt & 10 walnuts

(1600kJ/380cal)

Daily total 8600kJ/2023cal

WEDNESDAY

Breakfast

- **Choc chia pudding** 2 tbs chia seeds soaked in ½ cup milk with ½ banana, 1 tbs cocoa powder, 1 tsp coconut & ¼ cup natural muesli
- Regular latte

(2400kJ/570cal)

Lunch

- **Mediterranean toast & eggs** made with 2 slices wholegrain toast, 2 tbs hummus, 1 tomato & drizzle olive oil, served with 2 hard-boiled eggs
- Nectarine

(2500kJ/600cal)

Dinner

- **Fresh corn & chicken tortilla (p52)**

(1700kJ/410cal)

Snacks

- 8 Brazil nuts
- 1 x 170g tub low-fat plain yoghurt
- 1 mango

(2000kJ/470cal)

Daily total 8600kJ/2023cal

meal plan

Simple, tasty & good-for-you is just what you want when it's hot!

THURSDAY

Breakfast

- **Smoothie** (see Monday)

(2700kJ/650cal)

Lunch

- **Prawn & mango rice paper rolls (p40)**
- Peach

(1700kJ/410cal)

Dinner

- **Teriyaki pork noodle bowl (p59)**
- 1 square 70% cocoa dark chocolate

(1800kJ/430cal)

Snacks

- Regular latte
- 1 cup raw vegie sticks
- 4 wholegrain crispbreads & 1 tbs tzatziki
- 1 x 170g tub low-fat plain yoghurt & 10 walnuts

(2400kJ/570cal)

Daily total 8600kJ/2060cal

FRIDAY

Breakfast

- **Cheese & tomato toast** (see Tuesday)
- Regular latte

(2900kJ/690cal)

Lunch

- **Prawn & mango rice paper rolls (p40)**
- Nectarine

(1700kJ/410cal)

Dinner

- **Kale, garlic chickpea & broccolini bowl with soft-boiled egg (p49)**
- 1 square 70% cocoa dark chocolate

(2200kJ/620cal)

Snacks

- Regular latte
- 1 cup raw vegie sticks
- 1 cup pineapple & 2 slice cheese

(1800kJ/330cal)

Daily total 8600kJ/2023cal

SATURDAY

Breakfast

- **Choc chia pudding** (see Wednesday)
- Regular latte

(2400kJ/570cal)

Lunch

- **Mediterranean toast & eggs** (see Wednesday)
- Peach

(2500kJ/600cal)

Dinner

- **Fish fingers with potato wedges & yoghurt tartare** (see healthyfood.com)

(2400kJ/570cal)

Snacks

- 1 cup raw vegie sticks
- 1 x 170g tub low-fat plain yoghurt & 10 walnuts
- 1 square 70% cocoa dark chocolate

(1500kJ/360cal)

Daily total 8800kJ/2070cal

SUNDAY

Breakfast

- **Brekkie sandwich** 2 slices wholegrain bread, 2 eggs, ¼ avo, rocket & 2 tsp chutney
- Regular latte

(2400kJ/570cal)

Lunch

- **Takeaway sushi**
- 2 x salmon & avo rolls
- Edamame beans
- Nectarine

(2000kJ/480cal)

Dinner

- **Italian-style chicken with fetuccine** (see healthyfood.com)
- White wine spritzer (50ml wine: 100ml soda)

(2500kJ/600cal)

Snacks

- 1 cup raw vegie sticks & 1 tbs hummus
- 8 Brazil nuts
- 1 cup diced pineapple
- 1 x 170g tub low-fat plain yoghurt

(1900kJ/450cal)

Daily total 8800kJ/2070cal

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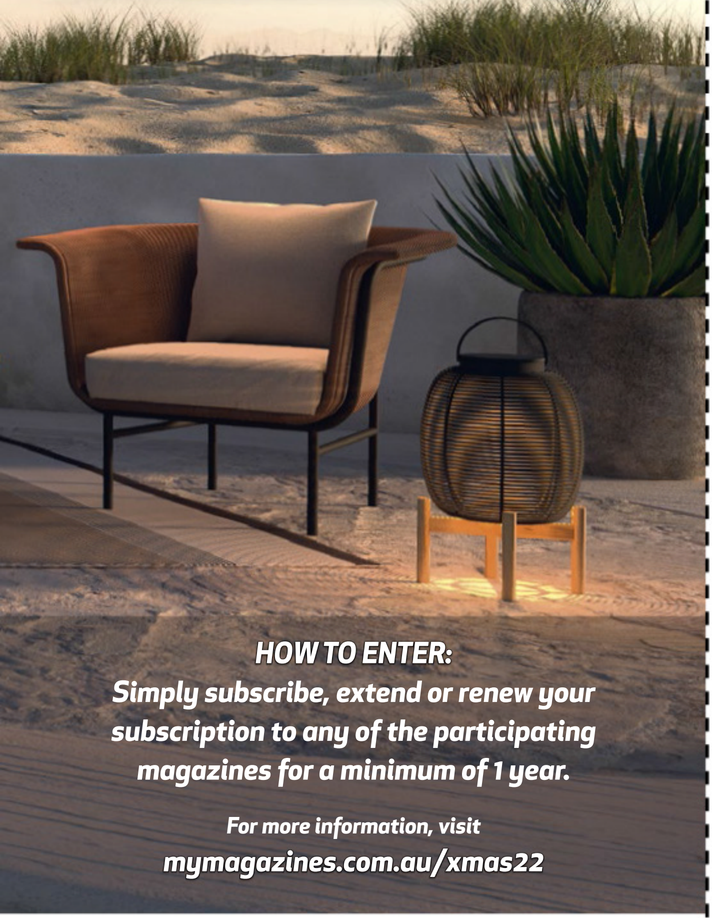

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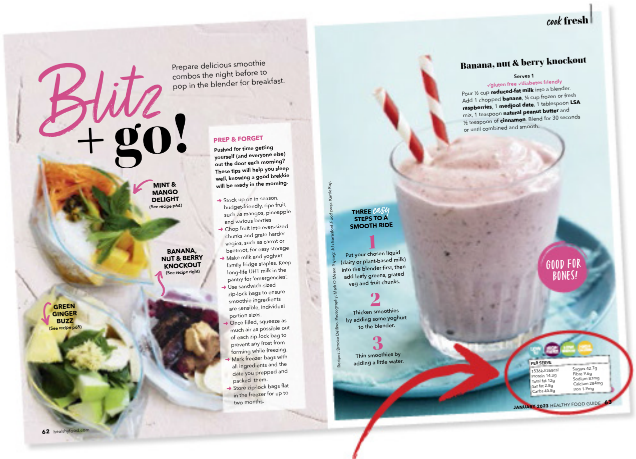
How much do I need to eat?

Every recipe in *HFG* is nutritionally analysed so you can devise a daily meal plan that falls within the recommended nutrition intake guidelines (see table below).



Blitz + go!

Prepare delicious smoothie combos the night before to pop in the blender for breakfast.

MINT & MANGO DELIGHT (See recipe p64)

BANANA, NUT & BERRY KNOCKOUT (See recipe right)

GREEN GINGER BUZZ (See recipe p65)

PREP & FORGET

Pushed for time getting yourself (and everyone else) out the door each morning? These tips will help you sleep well, knowing a good brekkie will be ready in the morning.

- Stock up on in-season, budget-friendly, ripe fruit, such as mangos, pineapple and various berries.
- Chop fruit into even-sized chunks and grate harder vegies, such as carrot or beetroot, for easy storage.
- Make milk and yoghurt family fridge staples. Keep long-life UHT milk in the pantry for 'emergencies'.
- Use sandwich-sized zip-lock bags to ensure smoothie ingredients are sensible, individual portion sizes.
- Once filled, squeeze as much air as possible out of each zip-lock bag to prevent any frost from forming while freezing.
- Mark freezer bags with all ingredients and the date you prepped and packed them.
- Store zip-lock bags flat in the freezer for up to two months.

62 healthyfood.com

cook fresh

Banana, nut & berry knockout

Serves 1

✓gluten free ✓diabetes friendly

Pour ½ cup **reduced-fat milk** into a blender. Add 1 chopped **banana**, ¼ cup frozen or fresh **raspberries**, 1 **medjool date**, 1 tablespoon **LSA** mix, 1 teaspoon **natural peanut butter** and ½ teaspoon of **cinnamon**. Blend for 30 seconds or until combined and smooth.

THREE easy STEPS TO A SMOOTH RIDE

1 Put your chosen liquid (dairy or plant-based milk) into the blender first, then add leafy greens, grated veg and fruit chunks.

2 Thicken smoothies by adding some yoghurt to the blender.

3 Thin smoothies by adding a little water.

GOOD FOR BONES!

Recipes: Brooke Delfino. Photography: Mark O'Meara. Styling: Julz Beresford. Food prep: Kerrie Ray.

PER SERVE

1536kJ/368cal
Protein 14.3g
Total fat 12g
Sat fat 2.8g
Carbs 45.8g
Sugars 42.7g
Fibre 9.6g
Sodium 87mg
Calcium 284mg
Iron 1.9mg

JANUARY 2023 HEALTHY FOOD GUIDE 63

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Protein 14.3g
Total fat 12g
Sat fat 2.8g
Carbs 45.8g
Sugars 42.7g
Fibre 9.6g
Sodium 87mg
Calcium 284mg
Iron 1.9mg

Look for these nutrition panels that appear on all of our recipes!

Your individual daily nutrition intake will vary depending on age, gender, height, weight and level of physical activity.

We use 8700kJ (2100cal) as the recommended average daily energy intake because this is the figure prescribed by the Australia New Zealand Food Standards Code.

While tracking numbers is one way to healthy eating, focus on the quality of the foods you eat, too. Enjoying a wide variety of whole foods will make it easier to meet your daily nutrition needs, as well as balance energy intake.

Use our recommended daily nutrition intake as a guide only. For personalised advice, visit dietitiansaustralia.org.au to locate an accredited practising dietitian near you.

RECOMMENDED DAILY INTAKE	
Kilojoules	8700kJ
Calories	2100cal
Protein 15–25% of energy	78–130g
Total fat 20–35% of energy	47–82g
Saturated fat Less than 10% of energy	<24g
Carbohydrates 45–65% of energy	230–310g
Added sugars Less than 10% of energy	50g
Fibre	25–30g
Sodium	2000mg
Calcium	1000mg
Iron	8mg

SODIUM If you have heart disease or are at high risk of this condition, aim to consume less than 2000mg of sodium per day.

CALCIUM Women over 50 years, and men over 70 years, should increase their intake to 1300mg of calcium per day.

IRON Women under 50 years should aim for 18mg of iron each day. If pregnant, your iron intake should increase to 27mg each day.

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What's *hot*

Look for these top products on store shelves in January.

What goes around

Catering to sensitive stomachs? Rest assured with a round of **Old Time Bakery Gluten Free Lebanese Bread**, Australia's first ever gluten-free flat bread. Now available at your supermarket.

Avo go!

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Made with no added sugars and 100 per cent natural ingredients, enjoy **Raw C Sparkling Coconut Water** instead of regular soft drinks. Available infused with lychee, ginger beer and kola.

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Gluten free, allergen free and suitable for vegans, the range of **BFree breads and baked goods** contains fibre-rich ingredients such as quinoa and sweet potato, plus sourdough.

Ask the expert…

Claire Turnbull

Q **I have several cups of coffee a day and one just before bed. I can get to sleep no problem, but my partner tells me it's not good to drink this much. How much coffee a day is okay?** Joy, via email

& A **Due to its caffeine content, coffee can be a very effective stimulant, increasing alertness, which is part of its appeal. The thing to be mindful of, however, is caffeine has a long half-life, meaning it breaks down slowly and stays in your body for a long time. So, if you have coffee (or any other caffeinated drink) at 7am, 12 hours later, at 7pm, roughly a quarter of the caffeine from that drink will still be circulating your system.**

If you have several coffees during the day and then one at night when your head hits the pillow, caffeine will still be in your body. This doesn't necessarily stop you from going to sleep. But the quality of your sleep can be compromised and you are unlikely to get the same deeply restful sleep you would without that much caffeine pumping round. The likely result of drinking a coffee that late is you can wake up feeling tired, then need another coffee to wake you up!

Aiming to keep your daily caffeine intake to 400mg or less a day is a good guide to follow, and if you're pregnant or breastfeeding, aim to consume less than 200mg. Given the time it takes for caffeine to break down, it's also advisable to have this in the earlier part of your day to minimise the impact on sleep quality. Some people are more caffeine sensitive than others so, for them, less is better.

The caffeine in coffee varies depending on the type of coffee and how it is brewed, but as a general guide, a single shot of espresso contains about 145mg, one teaspoon of instant coffee has 80mg and, for tea drinkers, there's about 50mg of caffeine in a cup of tea.

Claire is a qualified nutritionist, professional speaker, wellbeing educator and founder of Mission Nutrition. She's also the author of two best-selling books, Lose Weight For Life *and* Feel Good For Life. *Connect with her at* **www.claireturnbull.co.nz**

Photography: iStock.

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GF indicates that a recipe is gluten free

You can make many recipes gluten free if you replace bread, pastry and pasta with gluten-free varieties, or use gluten-free stocks and sauces.

WHAT OUR RECIPE BADGES MEAN

LOW kJ Recipes per serve contain no more than:
- 1700kJ per main meal
- 800kJ per dessert
- 600kJ per side dish
- 200kJ per 250ml fluid.

HIGH PROTEIN Recipes per serve have at least:
- 20g protein per main meal
- 5g protein per side dish or dessert.

LOW FAT Recipes per serve contain no more than:
- 10g fat per main meal
- 4.5g fat per dessert
- 3g fat per side dish
- 3.5g fat per 250ml fluid.

HIGH FIBRE Recipes per serve have at least:
- 6g fibre per main meal
- 3g fibre per side dish or dessert.

LOW SODIUM Recipes per serve contain no more than:
- 500mg sodium per main meal or dessert
- 200mg sodium per side dish.

HIGH CALCIUM Recipes per serve have at least 250mg calcium.

HIGH IRON Recipes per serve have 4.5mg (or more) iron.

2 VEGIE serves Amount of vegetable serves per recipe serve.

$AVER Costs $5 or less per serve

✓gluten free ✓dairy free

Contains no ingredients that usually contain gluten or dairy, but always check the ingredients you are using.

✓vegetarian

Suitable for lacto-ovo vegetarians. These recipes often include cheese, which may contain animal rennet. Check the label and use a vegetable substitute if you prefer.

✓diabetes friendly

Meals per serve contain 60g (or less) carbohydrates, 4g (or more) fibre, 7g (or less) saturated fat, 600mg (or less) sodium, at least 2 serves of vegies and are low–medium GI. Desserts are low in kilojoules, high in fibre and low in sodium; they usually contain fruit and are low–medium GI.

No-added-salt diet

Less than 2000mg sodium per day (as per Heart Foundation recommendation to reduce heart-disease risk).

Standard measurements

1 cup = 250ml • 1 tablespoon = 20ml
1 teaspoon = 5ml • Eggs are 55g
Temperatures are for fan-forced ovens. For baking recipes, use a table spread that's at least 60 per cent fat.

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